

IOWA JUNIOR & SENIOR SUMMER DIVING CHAMPIONSHIPS,
SPONSORED BY VINTON AQUATIC CLUB, INC.
VINTON COMMUNITY POOL, VINTON, IOWA
SUNDAY, JUNE 25, 2017

SANCTION-----IOWA DIVING, INC.---
2017 USA DIVING RULES GOVERN ALL EVENTS
TIMES----- WARMUPS-----7:30-9:00 a.m.
FIRST EVENT STARTS-----9:00 a.m.

PLACE-----VINTON COMMUNITY POOL, VINTON, IOWA.

ENTRIES TO: DAVID E. HAPPEL, DIVING MEET DIRECTOR
201 E. 4TH STREET, P.O. BOX 484, VINTON, IOWA 52349.
E-MAIL: dhappelvac@mediacombb.net

ENTRY DEADLINE: All entries must have been received by NOON ON TUESDAY, JUNE 20, 2017.

THE POOL-----One 16' MAXIFLEX, MODEL B, 3 METER BOARD, 14' Depth.
Two 16' MAXIFLEX, MODEL B, 1 METER BOARDS, 14' Depth.
DURAFIRM STANDARDS.

AGE GROUPS-----Divers must compete in their FINA age groups as of December 31, 2017.
All divers must be registered for 2017 with USA Diving when entered. All
USA Diving Registrations must be completed On-Line.

ENTRY FEES-----Championship Events: \$15.00 per diver per event, plus a \$1.00 per diver
per meet Splash Fee.

Novice Events: 11.00 per event, plus \$1.00 per diver per meet Splash fee.
Check must accompany entry and be made payable to:
VINTON AQUATIC CLUB, INC.

ENTRY FORMS-----All entries must include full name, age, birthday, address, phone numbers,
U.S. Diving Registration Numbers and Event Numbers, and coaches name.
Any form with the above information will be acceptable.

AWARDS-----Championship Division- Medals—1st-3rd, Ribbons—4th-8th.
Novice Division---Ribbons---1st-8th
Senior Events-----Medals-----1st-3rd, Ribbons—4th-8th

EVENTS

D1.	Girls 9 & Under	3 M.	D19.	Girls 9 & U	1 M.
D2.	Girls 10-11	3 M.	D20.	Girls 10-11	1 M.
D3N.	Girls 9 & U-Novice	3 M.	D21N.	Girls 9 & U Novice	1 M.
D4N.	Girls 10-11-Novice	3 M.	D22N.	Girls 10-11-Novice	1 M.
D5.	Boys 9 & Under	1 M.	D23.	Boys 9 & U	3 M.
D6.	Boys 10-11	1 M.	D24.	Boys 10-11	3 M.
D7N.	Boys 9 & U-Novice	1 M.	D25N.	Boys 9 & U-Novice	3 M.
D8N.	Boys 10-11-Novice	1 M.	D26N.	Boys 10-11-Novice	3 M.
D9.	Girls 12-13	3 M.	D27.	Girls 12-13	1 M.
D10N.	Girls 12-13-Novice	3 M.	D28N.	Girls 12-13-Novice	1 M.
D11.	Boys 12-13	1 M.	D29.	Boys 12-13	3 M.
D12.	Boys 12-13-Novice	1 M.	D30N.	Boys 12-13-Novice	3 M.
D13.	Girls 14-15	3 M.	D31.	Girls 14-15	1 M.
D14.	Boys 14-15	1 M.	D32.	Boys 14-15	3 M.
D15.	Girls 16-18	3 M.	D33.	Girls 16-18	1 M.
D16.	Boys 16-18	1 M.	D34.	Boys 16-18	3 M.
D17.	Womens Sr.	3 M.	D35.	Womens Sr.	1 M.
D18.	Mens Sr.	1 M.	D36.	Mens Sr.	3 M.

The Meet Director reserves the right to combine events in the interest of competition.

SENIOR DIVING REQUIREMENTS

WOMEN'S SENIOR: 1 & 3 Meter—10 Dives.

Divers shall perform five (5) optional dives, one from each group, without DD limit, followed by five (5) voluntary dives, one from each group, with a total DD not to exceed 9.0 on 1 Meter and 9.5 on 3 Meter..

MEN'S SENIOR: 1 & 3 Meter---11 Dives.

Divers shall perform six (6) optional dives, at least one from each group, without DD limit, followed by five (5) voluntary dives, one from each group, with a total DD not to exceed 9.0 on 1 Meter and 9.5 on 3 Meter.

2017 USA DIVING JR/AGE GROUP COMPETITION RULES OUTLINE
SPRINGBOARD COMPETITION

9 & UNDER BOYS & GIRLS

1 METER & 3 METER (5 DIVES)

3 Voluntary Dives from different groups with Total DD not more than 5.0 on 1 Meter and 5.4 on 3 Meter followed by 2 Optional Dives from different groups without limit.

11 & UNDER (FINA GROUP D) BOYS & GIRLS

1 METER & 3 METER (6 DIVES)

3 Voluntary dives from different groups with Total DD not more than 5.0 on 1 Meter and 5.4 on 3 Meter, followed by 3 optional dives from different groups w/o limit.

12-13 (13 & U)(FINA GROUP C) GIRLS

1 METER & 3 METER (7 DIVES)

5 Voluntary dives from different groups with total DD not more than 9.0 on 1 Meter and 9.5 on 3 Meter, followed by 2 optional dives from different groups w/o limit.

12-13 (13 & U) (FINA GROUP C) BOYS

1 METER & 3 METER (8 DIVES)

5 Voluntary dives from different groups with total DD not more than 9.0 on 1 Meter and 9.5 on 3 Meter, followed by 3 optional dives from different groups w/o limit.

14-15 (FINA GROUP B) GIRLS

1 METER & 3 METER (8 DIVES)

5 Voluntary Dives, one from each Group, with total DD not more than 9.0 on 1 Meter and 9.5 on 3 Meter, followed by 3 optional dives from different groups w/o limit.

14-15 (FINA GROUP B) BOYS

1 METER & 3 METER (9 DIVES)

5 Voluntary dives, one from each group, with total DD not more than 9.0 on 1 Meter and 9.5 on 3 Meter, followed by 4 optional dives from different groups w/o limit.

16-18 (FINA GROUPS A) GIRLS

1 METER & 3 METER (10 DIVES)

5 Voluntary dives, one from each group, with total DD not more than 9.0 on 1 Meter and 9.5 on 3 Meter, followed by 5 optional dives from 5 groups w/o limit.

16-18 (FINA GROUP A) BOYS

1 METER & 3 METER (11 DIVES)

5 Voluntary dives, one from each group, with a total DD not more than 9.0 on 1 Meter and 9.5 on 3 Meter, followed by 6 optional dives from 5 groups w/o limit.

2017 DIVING JR. NOVICE RULES

BOYS & GIRLS 7 & UNDER

(3 Dives)—1 & 3 Meter—Any 3 dives with 1.0 DD on all Dives.

BOYS & GIRLS 9 & UNDER

(5 Dives)—1 & 3 Meter—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) in any order followed by 3 Dives from at least 2 groups with 1.0 DD on all dives.

BOYS & GIRLS 10-11

1 Meter (5 Dives)—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) in any order followed by 3 dives from at least 2 groups with 1.0 DD on all dives.

3 Meter (6 Dives)—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) in any order followed by Dive 001D, followed by 3 dives from at least 2 different groups with 1.0 DD on all dives.

BOYS & GIRLS 12-13

1 Meter (6 Dives)—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) both with 1.0 DD, followed by Dive 101A/B/C with 1.8 DD followed by 3 dives from 3 different groups, using FINA DD with a maximum DD of 2.3.

3 Meter (7 Dives)—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) both with 1.0 DD, followed by Dive 001D with a DD of 1.0, followed by Dive 101A/B/C with a 1.9 DD, followed by 3 dives from 3 different groups, using FINA DD with a maximum DD of 2.4.

BOYS & GIRLS 14-15, 16-17, 18-19

1 Meter (7 Dives)—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) both with 1.0 DD, followed by 5 dives from at least 3 groups with no more than 2 dives from any one group, all using FINA DD.

3 Meter (8 Dives)—Forward Jump (100 A/B/C) and a Backward Jump (200 A/B/C) both with 1.0 DD, followed by Dive 001D with 1.0 DD followed by 5 dives from at least 3 groups, with no more than 2 from any one group, all using FINA DD.