

Pittsburgh Diving Club Invitational 2019

January 12th-13th

The Event:

The event will be run under AAU rules. Events will be in the following categories:

10-11/Group D

12-13/Group C

14-15/Group B

16-18/Group A

Each age group will have a novice and JO competition (platform will only have JO)

Awards:

Diver of the Meet

Medals for overall top 6 finishers

Top Coach (voted for by the coaches)

Venue:

Trees Hall

140 Allequippa St

Pittsburgh

PA

Entries:

All divers will be entered through dive meets. Dive meets registration will be open shortly and will close December 28th 2018

Fee per event \$40

Provisional Schedule

Friday

5:00-7:00pm	Open Practice- No 7m
7:00-8:00pm	Open Practice no 3m on concrete

Saturday

9:00-10:00	Open Practice- No 3m on concrete	
10:00-11:00	Open Practice no 7m	
11:00 am Competition Starts	Simultaneous	
	14-15 Boys 1m 12-13 Girls 3m	11 & U Boys 3m 16-18 Girls 1m
	14-15 Girls 1m	11 & U Girls 3m
	12-13 Boys 3m	16-18 Boys 1m
	2 Hours Training	
Afternoon Session	11& U Girls & Boys Platform	
	12-13 Girls & Boys Platform	
	14-15 Girls & Boys Platform	
	16-18 Girls & Boys Platform	

Sunday

7:00-9:00	Open Practice	
9 am Competition Starts	Simultaneous	
	14-15 Boys 3m 12-13 Girls 1m	11 & U Boys 1m 16-18 Girls 3m
	14-15 Girls 3m	11 & U Girls 1m
	12-13 Boys 1m	16-18 Boys 3m

JO Girls Events

Divers may compete dives double bouncing

Age Group	Board	Total Dives	Voluntaries	Optionals
Group D Girls (10-11)	1m	5	3 with a max D.D of 5.4	2
	3m	5	3 with a max D.D of 5.4	2
	5m	5	3 with a max D.D of 5.4	2
Group C Girls	1m	7	5 with a max D.D of 9.0	2
	3m	7	5 with a max D.D of 9.5	2
	5m	4	4 with a max D.D of 7.6	2
Group B Girls	1m	8	5 with a max D.D or 9.0	3
	3m	8	5 with a max D.D or 9.5	3
	Platform	8	4 with a max D.D of 7.6	3
Group A Girls	1m	9	5 with a max D.D of 9.0	4
	3m	9	5 with a max D.D of 9.5	4
	Platform	8	4 with a max D.D of 7.6	4

JO Boys Events

Divers may compete dives double bouncing

Age Group	Board	Total Dives	Voluntaries	Optionals
Group D Boys	1m	5	3 with a max D.D of 5.4	2
	3m	5	3 with a max D.D of 5.4	2
	5m	5	3 with a max D.D of 5.4	2
Group C Boys	1m	8	5 with a max D.D of 9.0	3
	3m	8	5 with a max D.D of 9.5	3
	5m	7	4 with a max D.D of 7.6	3
Group B Boys	1m	9	5 with a max D.D or 9.0	4
	3m	9	5 with a max D.D or 9.5	4
	Platform	8	4 with a max D.D of 7.6	4
Group A Boys	1m	10	5 with a max D.D of 9.0	5
	3m	10	5 with a max D.D of 9.5	5
	Platform	9	4 with a max D.D of 7.6	5

Novice Events

Girls & Boys have the same conditions. All novice competitors may repeat groups & use skills. Divers may not repeat dives.

Age Group	Board	Total Dives
Group D (11 & U)	1m	5
	3m	5
Group C (12-13)	1m	6
	3m	6
Group B (14-15)	1m	6
	3m	6
Group A (16-18)	1m	7
	3m	7