

# 2008 Autumn Skills-Dive Invite

**DATES:** **October 18<sup>th</sup> - 19<sup>th</sup>, 2008**

**SITE:** **George Mason University - Jim McKay Natatorium**

4400 University Dr.  
Fairfax, VA 22030

**FACILITY:** Four 1M & Two 3M Maxiflex Model B -Depth 13.5 ft.

**PARKING:** Use Lot 'C' off Braddock Rd. which is located adjacent to the Aquatic Center and with the campus police station in the middle of the lot. **Do not** drop off or pick up near the main entrance of the facility, there is a drop off pick up area in Lot 'C' nearest to the new entrance to the facility.

**SANCTION:** **AAU Sanctioned**

**ENTRIES:** **\*\$15.00 per event + a onetime facility use/parking fee of \$5.00**

Entries should be mailed to the Meet Director **POSTMARKED by October 11, 2008**

Deck Entry or late postmark - \$15.00 late fee

Dive Sheets received less than one hour before the 1<sup>st</sup> event **OF THE DAY** - \$5.00 late fee

\* Make Checks payable to: **Patriot Dive Club**

\* Must have current **AAU number** listed on Entry form and show AAU card at check in.

**OFFICIALS:** Meet Director: **Ryan Metzker** 703-300-6737 / E-mail: rmetzker@gmu.edu

**10710 Ames St.**

**Fairfax, VA 22030**

**AWARDS:** Top 8 divers in all events...Novice, Intermediate and JO categories.

**PRACTICE:** Saturday 10:30 am - 11:30am **OPEN WARM-UP**  
11:30 am - 12:00am **FIRST EVENTS ONLY!**  
15 - 30 minute Event warm-up for other events...as necessary

Sunday 9:00am - 10:00am **OPEN WARM-UP**  
10:00am - 10:30am **FIRST EVENTS ONLY!**  
20 - 40 minute Event warm-up for other events

## Saturday, October 18<sup>th</sup>

\*1<sup>st</sup> event starts at 12:00pm

**Event 1:** 7 & U + 8 & 9 - 1m  
12 & 13 - 1m  
10 & 11 - 3m

30 minute warm-up

**Event 2:** 10 & 11 - 1m  
7 & U/8 & 9 - 3m

30 minute warm-up

**Event 3:** 12 & 13 - 3m  
Fun Stuff - 1m

## Sunday, October 19<sup>th</sup>

\*1<sup>st</sup> event starts at 10:30am

**Event 4:** 14 - 15 + Open - 1m  
16 - 18 - 3m

45 minute warm-up

**Event 5:** 16 - 18 - 1m  
14 - 15 + Open - 3m

Depending on the number of divers, Open events may run simultaneous with age group events or be separated to allow divers to do both age group and Open events...coaches will discuss this issue on Saturday.

# Rules for the 2008 Autumn Dive-Skills Invite

Please note that the Meet Director will combine or separate events as seen fit for efficient meet operations on any given day. However, all 13 & under events will be conducted on Saturday and all 14 & over events will be conducted on Sunday...this will not change.

## JO Events

9 & U – B&G	1mt.	100D, 200D, 3 vols from different groups (max DD limit 5.0) and one optional with max DD of 2.2
9 & U – B&G	3mt.	001D, 002D, 3 vols from different groups (max DD limit 5.4) and one optional with max DD of 2.2
10 – 11 – B&G	1mt.	100D, 200D, 3 vols from different groups (max DD limit 5.0) and two optional with max DD of 2.2
10 – 11 – B&G	3mt.	001D, 002D, 3 vols from different groups (max DD limit 5.4) and two optional with max DD of 2.2
12 – 13 – B&G	1mt.	100C, 200C, 4 vols from different groups (max DD limit 7.2) and two optional from different groups with max DD of 2.2
12 – 13 – B&G	3mt.	002C, 4 vols from different groups (max DD limit 7.6) and two optional from different groups with max DD of 2.2
14 – 15 –G	1mt.	100B, 200B, 5 vols from different groups (max DD limit 9.0) and <b>three</b> optional from different groups with max DD of 2.2
14 – 15 –B	1mt.	100B, 200B, 5 vols from different groups (max DD limit 9.0) and <b>four</b> optional from different groups with max DD of 2.2
14 – 15 –G	3mt.	002D (no arm circle), 5 vols from different groups (max DD limit 9.5) and <b>three</b> optional from different groups with max DD of 2.2
14 – 15 –B	3mt.	002D (no arm circle), 5 vols from different groups (max DD limit 9.5) and <b>four</b> optional from different groups with max DD of 2.2
16 – 18 –G	1mt.	100B, 200B, 5 vols from different groups (max DD limit 9.0) and <b>four</b> optional from different groups with max DD of 2.2
16 – 18 –B	1mt.	100B, 200B, 5 vols from different groups (max DD limit 9.0) and <b>five</b> optional from different groups with max DD of 2.2
16 – 18 –G	3mt.	002D (no arm circle), 5 vols from different groups (max DD limit 9.5) and <b>four</b> optional from different groups with max DD of 2.2
16 – 18 –B	3mt.	002D (no arm circle), 5 vols from different groups (max DD limit 9.5) and <b>five</b> optional from different groups with max DD of 2.2

## Open Events

Women – 6 optional dives without limit on DD

Men – 6 optional dives without limit on DD

## Intermediate Events as follows:

9 & U	1 mt.	– 4 dives/skills from three groups with max DD of 1.7
9 & U	3 mt.	– 4 dives/skills from three groups with max DD of 1.9
10- 11	1 mt.	– 5 dives from three groups with max DD of 1.7
10 - 11	3 mt.	– 5 dives from three groups with max DD of 1.9
12 - 13	1 mt.	– 6 dives - 3 vols (total DD limit 5.0) and 3 opts, with a max DD of 2.2
12 - 13	3 mt.	– 6 dives - 3 vols (total DD limit 5.4) and 3 opts, with a max DD of 2.2
14 - 15	1 mt.	– 7 dives - 4 vols (total DD limit 7.2) and 3 opts, with a max DD of 2.2
14 - 15	3 mt.	– 7 dives - 4 vols (total DD limit 7.6) and 3 opts, with a max DD of 2.2
16 - 18	1 mt.	– 8 dives - 5 vols (total DD limit 9.0) and 3 opts, with a max DD of 2.2
16 - 18	3 mt.	– 8 dives - 5 vols (total DD limit 9.5) and 3 opts, with a max DD of 2.2

## Novice rules are as follows:

9 & U	1 mt.	– 100, 200, and 3 skills/dives from two groups with a max DD of 1.8
9 & U	3 mt.	– 001, 002, and 2 skills/dives from two groups with a max DD of 1.9
10 - 11	1 mt.	– 100, 200, and 4 skills/dives from two groups with a max DD of 1.8
10 - 11	3 mt.	– 001, 002, and 3 skills/dives from two groups with a max DD of 1.9
12 - 13	1 mt.	– 100, 200, and 5 dives/skills from three groups with a max DD of 1.9
12 - 13	3 mt.	– 001, 002, and 4 dives/skills from three groups with a max DD of 2.0
14 - 15	1 mt.	– 100, 200 and 5 dives from four groups with a max DD of 2.0
14 - 15	3 mt.	– 001, 002, and 5 dives from four groups with a max DD of 2.0
16 - 18	1 mt.	– 5 dives from four groups with a max DD of 2.2
16 - 18	3 mt.	– 5 dives from four groups with a max DD of 2.2

**Acceptable skills** for Intermediate and Novice events...to be permitted only in formatted areas of the dive list where “skills” are permitted.

100 – front jump tuck, pike or straight 1.0 DD

200 – back jump tuck, pike or straight 1.0 DD

001 – front line-up sitting tuck, sitting pike, standing pike or straight 1.0 DD

002 – back line-up sitting tuck, sitting pike, tuck, pike or straight 1.0 DD

# 2008 Autumn Skills-Dive Invite

## REGISTRATION FORM

### WAIVER AND RELEASE FROM LIABILITY

IN CONSIDERATION OF OUR ACCEPTANCE OF THIS APPLICATION, I HEREBY FOR MY HEIRS, EXECUTORS, ADMINISTRATORS AND MYSELF, DO WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST GEORGE MASON UNIVERSITY, AMATUER ATHLETIC UNION, PATRIOT DIVE CLUB, THEIR AGENTS, REPRESENTATIVES, SUCCESSORS OR ASSIGNS, FOR ANY AND ALL INJURIES SUFFERED BY ME IN OR AT SAID DIVING MEET.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ Male Female (circle)

PHONE NUMBER (\_\_\_\_\_) \_\_\_\_\_ AGE ON DECEMBER 31, 2008 \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TEAM \_\_\_\_\_ COACH \_\_\_\_\_

AAU DIVING # \_\_\_\_\_ \*\* MUST HAVE

EMAIL ADDRESS \_\_\_\_\_ (important! We may need to contact you.)

SIGNATURE \_\_\_\_\_  
PARENT OR LEGAL GUARDIAN MUST SIGN IF UNDER 21

PLEASE WRITE THE APPROPRIATE EVENT NUMBER IN THE SPACE PROVIDED:

EVENTS ENTERED AT \$15.00 PER \_\_\_\_\_ = \$ \_\_\_\_\_  
1M 3M \$5.00 facility fee late fee Total

MAKE CHECKS PAYABLE TO: **Patriot Dive Club**

SEND TO: **Ryan Metzker  
10710 Ames St.  
Fairfax, VA 22030**

## **VOLUNTEERS!!!!!!!!!!!!!!!!!!!!**

VOLUNTEERS ARE APPRECIATED. WE WILL BE OPERATING PAPER TABLES FOR THIS MEET (NO COMPUTERS) AND WILL NEED TABLE WORKERS...IF YOU ARE WILLING/ABLE TO HELP WITH THE TABLES, PLEASE SIGN UP BELOW. YOU MAY WORK YOUR CHILD'S EVENT(S) OR THE ODD EVENT(S)  
THANKS YOU!

NAME: \_\_\_\_\_ EVENT \_\_\_\_\_