



Niagara District Championships

Saturday, May 16, 2009
7:00 am Novice
11:30 am AAU/FINA

**Location: ROCHESTER INSTITUTE OF TECHNOLOGY – Gordon Field House
149 Lomb Memorial Dr. Rochester, NY 14623**

Meet Director: Cliff Devries 585-224-5130 (C) 585-475-5004 (O) Email: cwdatl@rit.edu

**Entries: \$25 Per Individual Event – \$15 Late Fee for Entries after Thursday May 14th
Register Divers on divemeets.com All ages as of DEC. 31 2009.
Age Groups: 9U, 10-11, 12-13, 14-5, 16-18**

**Awards: Trophies 1st Place Medals & Ribbons 2-6 place
Team Scoring: Places 1- 16 for Novice and FINA Events
District Meeting: 11:00 – 11:30am**

Facility

**14 Ft Separate Diving Well, TIVO, 20 Person Hot tub
2 – 1 Meter Duraflex B on Cement Stands, 2 – 3 Meter Duraflex B on Cement Stands**

Competition Schedule (Times are approximate)

Novice Competition 1 Meter & 3 Meter Events will be run simultaneously

7:00 - 8:25	Warm up
8:30	National Anthem
8:35 – 9:30	Novice Event 1
9:30 – 10:00	Warm Up
10:00 – 11:00	Novice Event 2

AAU/FINA Competition 1 Meter & 3 Meter Events will be run simultaneously

11:30 – 12:30	Warm Up
12:30 – 1:30	Event 3
1:30 – 2:30	Event 4
2:30 – 3:30	Event 5
3:30 – 5:30	Event 6

Directions

Once entering campus at the main entrance (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"), follow the signs to the Gordon Field house and park in **Parking Lot D**. Enter the Field house at the upper level doors, the pool balcony will be on the right.

EVENTS

Event 1

9 & Under Girls 3m Novice (AAU)
10-11 Girls 3m Novice (AAU)
12-13 Girls 3m Novice (AAU)
14-15 Girls 3m Novice (AAU)
16-18 Girls 3m Novice (AAU)
9 & Under Boys 1m Novice (AAU)
10-11 Boys 1m Novice (AAU)
12-13 Boys 1m Novice (AAU)
14-15 Boys 1m Novice (AAU)
16-18 Boys 1m Novice (AAU)

Event 2

9 & Under Girls 1m Novice (AAU)
10-11 Girls 1m Novice (AAU)
12-13 Girls 1m Novice (AAU)
14-15 Girls 1m Novice (AAU)
16-18 Girls 1m Novice (AAU)
9 & Under Boys 3m Novice (AAU)
10-11 Boys 3m Novice (AAU)
12-13 Boys 3m Novice (AAU)
14-15 Boys 3m Novice (AAU)
16-18 Boys 3m Novice (AAU)

Event 3

Group E Girls 3m (9 & Under) (AAU)
Group D Girls 3m (11 & Under) (AAU)
Group C Girls 3m (12-13) (AAU)
Group E Boys 1m (9 & Under) (AAU)
Group D Boys 1m (11 & Under) (AAU)
Group C Boys 1m (12-13) (AAU)

Event 4

Group B Girls 3m (14-15) (AAU)
Group A Girls 3m (16-18) (AAU)
Group B Boys 1m (14-15) (AAU)
Group A Boys 1m (16-18) (AAU)

Event 5

Group E Girls 1m (9 & Under) (AAU)
Group D Girls 1m (11 & Under) (AAU)
Group C Girls 1m (12-13) (AAU)
Group E Boys 3m (9 & Under) (AAU)
Group D Boys 3m (11 & Under) (AAU)
Group C Boys 3m (12-13) (AAU)

Event 6

Group B Girls 1m (14-15) (AAU)
Group A Girls 1m (16-18) (AAU)
Group B Boys 3m (14-15) (AAU)
Group A Boys 3m (16-18) (AAU)

Novice Events are for divers who do not have the dives necessary to compete a FINA list and need to substitute a skill to enter a competition.

AAU/FINA events will be AAU National Qualifying events and follow FINA rules. No changes will be allowed to diving sheets 1 hour prior to the start of the event. **All ages as of DEC. 31 2009.**

NOVICE

NOVICE 9 & Under
4 Dives or Skills

NOVICE 10-11
4 Dives or Skills

NOVICE 12-13
5 Dives or Skills

NOVICE 14-15
6 Dives or Skills

NOVICE 16-18
7 Dives or Skills

Skills Bank

- 100 A Front Jump Straight
- 100 B Front Jump Pike
- 100 C Front Jump Tuck
- 200 A Back Jump Straight
- 200 B Back Jump Pike
- 200 C Back Jump Tuck
- 5101 Front Jump ½ Twist
- 5102 Front Jump 1 Twist
- 5104 Front Jump 2 Twist
- 5201 Back Jump ½ Twist
- 5202 Back Jump 1 Twist
- 5203 Back Jump 1 ½ Twist
- 001 A Forward Standing Entry Straight
- 001 B Forward Entry Pike Standing or seated
- 001 C Forward Entry Tuck squatting or seated
- 002 A Back Entry Standing Straight
- 002 B Back Entry Standing Pike (3M only)
- 002 C Back Entry Tuck – (Squatting or Seated)

AAU/FINA

AAU/FINA Boys and 6Girls 9 & Under
4 Dives
3 voluntary dives from different groups
1 optional dive
Max vol DD 5.4

AAU/FINA Boys and Girls 10-11
5 Dives
3 voluntary dives from different groups
2 optional dives from different groups
Max vol DD 5.4

AAU/FINA Boys and Girls 12-13
Boys- 8 Dives
5 voluntary dives from different groups
3 optional dives from different groups

Girls- 7 Dives
5 voluntary dives from different groups
2 optional dives from different groups

1M Max vol DD 9.0
3M Max vol DD 9.5

AAU/FINA Boys and Girls 14-15
Boys- 9 Dives
5 voluntary dives from different groups
4 optional dives from different groups

Girls- 8 Dives
5 voluntary dives from different groups
3 optional dives from different groups

1M Max vol DD 9.0
3M Max vol DD 9.5

AAU/FINA Boys and Girls 16-18
Boys-10 Dives
5 voluntary dives from different groups
5 optional dives from different groups

Girls- 9 Dives
5 voluntary dives from different groups
4 optional dives from different groups

1M Max vol DD 9.0
3M Max vol DD 9.5

Hotel Information

[Fairfield Inn-Rochester South](#) ★★★★★

5 Min from RIT

4695 W Henrietta Rd, Henrietta, NY
(585) 334-3350

[Country Inn & Suites](#) ★★★★★ -

5 Min from RIT

4635 W Henrietta Rd, Henrietta, NY
(585) 486-9000

[Microtel Inn](#) ★★★★★

5 Min from RIT

905 Lehigh Station Rd, Henrietta, NY
(585) 334-3400

[Days Inn](#) ★★★★★

5 Min from RIT

4853 W. Henrietta Rd., Henrietta, NY
(585) 334-9300

[RIT Inn & Conference Center](#)

5 Min from RIT

5257 W Henrietta Rd, Henrietta, NY
(585) 359-1800

[Radisson Hotel Rochester Airport](#) ★★★★★ -

On the RIT Campus

175 Jefferson Rd, Rochester, NY
(585) 475-1910

[Comfort Suites, Rochester/Henrietta, NY](#)

5 Min from RIT

2085 Hylan Dr., Rochester, NY - (585) 334-6620

[Hampton Inn-Rochester](#) ★★★★★

8 Min from RIT

717 East Henrietta Rd, Rochester, NY
(585) 272-7800

[Holiday Inn Hotel & Suites Rochester - Marketplace](#)

8 Min from RIT

800 Jefferson Road, Rochester, NY
(877) 863-4780