



Sea Dragon Dive Club



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January League Meet

Date: Sunday, January 28, 2007

Location: Penfield High School
25 High School Drive
Penfield, NY 14568

Facility: Two 1-meter diving boards on stands

Meet Director: Joel Freeman

Entries: \$15 – 1 event \$20 – 2 events

Please send a list of divers and levels by January 21st – pay at registration table

Niagara District League Format

Awards: Ribbons 1st -6th Place

Level 1 beginner - 4 dives at 1.0 DD front lineup, front jump, back jump 1 optional	Level 2 Novice – 5 Dives at 1.0 DD Front line up 2 dives from 101, 201, 301, 401 2 optional
Level 3 Intermediate – 5 dives at true DD 5 optional from 4 categories DD must be less then 9.0	Level 4 Advanced – 6 dives at true DD Voluntary at 2.0 (diver's choice) 5 optional from 5 categories (DD over 9.0)
Level 5 Elite – 6 dives at true DD Voluntary at 2.0 (diver's choice) 5 optional from 5 categories DD Boy's 11.5 DD Girl's 10.5	
Level A Synchro (levels 1 and 2) 3 dives or skills at 1.0 DD	Level B Synchro Levels (3, 4, and 5) 1 voluntary at 2.0 3 optionals from 3 different groups at true DD

Event order

Level 1 & 2 warm up [9:00 am to 9:45 am]
Start 10:00 am
1. Level 1
2. Level 2
3. Level A Synchro

Level 3,4, and 5 warm up [11:00am to 11:45am]
4. Level 3
5. Level 4
6. Level 5
7. Level B Synchro

Directions

From I-90 take 390 N. Then you will take 590 N to 490 E. From 490 you will exit to Rte 441. There is a traffic light on the exit ramp take a left. Enter Penfield take left at first traffic light (five mile line rd). Travel to next traffic light and take a right (high school drive). This is the entrance to the high school. Travel past school to back parking lot. The pool entrance is at the end of the parking lot next to the football field.