



## League Meet

Friday, June 8, 2007

5:00 pm Levels 1 & 2

7:00 pm Levels 3, 4 & 5

**Location:** Reilly Center Pool, St. Bonaventure, NY 14778

**Meet Director:** Allison Manion | 716-244-1376 (cell) | 716-375-2536 (office)  
[amanion@sbu.edu](mailto:amanion@sbu.edu)

**Entries:** \$20 Per Diver

Deck Registrations at the door. But Coaches please email # of divers and levels.

**Awards:** Ribbons 1-6 place

### Niagara District League Format

Individual Competition Requirements

#### 1 & 3 Meter

Level 1 Beginner – 4 Dives at 1.0 DD

Front line-up, Front jump, Back jump

1 Optional (Any dive or skill in any position that has not been previously listed)

Level 2 Novice- 5 Dives at 1.0 DD

Front line-up

2 Dives from 101, 201, 301, 401

2 Optional Dives (Any dive or skill in any position that has not been previously listed)

Level 3 Intermediate- 5 Dives at True DD

Must cover 4 Categories DD must be less than 9.0

Level 4 Advanced – 6 Dives at True DD

Voluntary at 2.0 DD

Must cover 5 Categories

1M DD must be at least 9.0

3M DD must be at least 9.5

Level 5 Elite- 6 Dives at True DD

Voluntary at 2.0 DD

5 Optional Dives- Must cover all 5 groups

1M Optional DD must be at least 10.5 Grils

11.5 Boys

3M Optional DD must be at least 11.0 Girls,

12.0 Boys

#### Event Order:

**5:00 pm** Warm ups 1 & 3m for Levels 1 & 2

**5:45 pm** Girls 1m Level 1 & 2

Boys 3m Level 1 & 2

#### **15 min warm up**

Girls 3m Level 1 & 2

Boys 1m Level 1 & 2

**7:00 pm** Warm ups for levels 3, 4 & 5

**7:45 pm** Girls 1m level 3, 4 & 5

Boys 3m level 3, 4 & 5

#### **15 min warm up**

Girls 3m level 3, 4 & 5

Boys 1m level 3, 4 & 5

Directions: I 86 West to Exit 25, Buffalo St. Turn left off exit. Turn right at first light onto Constitution Ave. Follow straight into main entrance to campus. Follow signs to the Reilly Center. Park in front of Baseball field. Use Center doors when entering Reilly Center.