

Upstate Diving Competition Schedule 2010

All events subject to change- Please check upstatediving.com for the latest competition information

Any level of diver from Beginner to Elite is encouraged to attend any competition. Parents should contact the coach to find out the registration process for each meet.

AAU Diving

Date	Event	Location
17-Jan	Blue Wave Invitational	Geneseo, NY
5-Mar	Upstate Challenge Meet	RIT NY
17-Apr	Owego AAU Invitational	Owego, NY
15-May	Niagara District AAU Champs	RIT NY
4-Jun	Upstate Challenge Meet	RIT NY
30-Jul	Upstate Challenge Meet	RIT NY
1-9 Aug	AAU Nationals	Coral Springs, FL
31-Oct	Halloween Meet	Buffalo, NY
11-Dec	Niagara District AAU Synchro Champs	RIT NY

USA Diving

Date	Event	Location
Mar 27-28	Region 1 Spring	Ewing, NJ
April 9-11	East Junior Nationals	Oxford, OH
June 11-13	Region 1 Summer	New Canaan, CT
June 30- July 3	Summer Junior Zone A	Pittsburgh, PA
July 9-11	Summer Senior Zone A Prequals	Christiansburg, VA
July 23-31	Summer Junior Nationals	Tucson, AZ
August 10-15	Summer Senior Nationals	College Station, TX

Upstate Challenge Meets – Beginner & Intermediate Divers

Challenge meets are typically held on Friday nights and begin at 6 and last about 3 hours. Divers are generally ready for these competitions about 1 month after starting diving lessons. They are fun fast meets that are designed to prepare divers for AAU and USA Diving competition. Divers do a simple list of dives. Pizza and drinks are provided after the meet. The dive requirements are listed here:

9- Under	4 Dives or Skills
10-11	4 Dives or skills
12-13	5 Dives or skills
14-15	5 Dives or skills
16-18	6 Dives or skills

AAU Diving Meets – Beginner & Intermediate Divers

Diving in the United States was originally organized under the AAU, and later broke off to become a separate entity known as USA Diving. In 2004 the AAU again began to sponsor diving. AAU Diving meets are open to all levels of divers but are most beneficial for **beginner and intermediate divers**. These meets are generally local meets and small invitationals. Most AAU meets, including the District Championships, will have fun novice events. These events are great for beginner divers that have just a few skills. Upstate New York Diving is located in the **Niagara District** of the AAU. www.niagaradiving.org. The District Championships are held locally in western NY each May and the National Championships are held in different locations around the country each July. To attend the National Championships you must qualify with a National Qualifying score in a FINA competition.

USA Diving Meets – Advanced & Elite Divers

USA Diving is governing body for competitive springboard and platform diving in the United States. USA Diving has a competitive system that runs in the spring and summer and allows advanced level divers to compete in regional, zone and national competition. Divers must have the necessary dives to be able to compete in these meets. The dive requirements for these meets are listed below. Divers must sign up and submit their lists at Divemeets.com. Advanced (Blaze and Elite) divers who are chosen to compete in these competitions need purchase a USA Diving Membership in addition to the AAU Membership. This allows them to be able to compete in the Regional, Zone and National meets sanctioned by USA Diving. Typically these meets require substantial travel, and a large time commitment. The rewards from attending are equally substantial. These meets are attended by college coaches who have scholarship money available and recruit divers from this level. These competitions also provide the rigorous competition experience that gives Upstate Divers an edge when competing in other areas of their lives.

FINA Competition Rules for AAU and USA Diving

	9 & Under	10-11	12-13	14-15	16-18
Age groups	FINA Group E 9 years or younger on December 31st of the year of competition.	FINA Group D 11 years or younger on December 31st of the year of competition.	FINA Group C 12 or 13 years on December 31st of the year of competition.	FINA Group B 14 or 15 on December 31st of the year of competition	FINA Group A 16 or 18 on December 31st of the year of competition
Springboard	Boys and Girls 1 meter and 3 meter	Boys and Girls 1 meter and 3 meter	Girls 1 meter and 3 meter	Girls 1 meter and 3 meter	Girls 1 meter and 3 meter
Total Dives	4 dives	5 dives	7 dives	8 dives	9 dives
Voluntary dives	3 dives from different groups	3 dives from different groups	5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD	5.4 DD 1m	5.4 DD 1m	9.0 DD 1m	9.0 1m	9.0 1m
Max DD	5.4 DD 3m	5.4 DD 3m	9.5 DD 3m	9.5 3m	9.5 3m
Optional Dives	1 dive from different groups	2 dives from different groups	2 dives from different groups	3 dives from different groups	4 dives from different groups
Total amount of Dives			Boys 8 dives	Boys 9 dives	Boys 10 dives
Voluntary dives			5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD			9.0 1m	9.0 1m	9.0 DD 1m
Max DD			9.5 3m	9.5 3m	9.5 DD 3m
Optional Dives			3 dives from different groups	4 dives from different groups	5 dives from different groups