



**SSDC June Invitational**  
**Saturday, June 11, 2011**  
 sanction #TBA



south shore diving club

**MEET DIRECTOR:**  
 CRAIG DOLLOFF  
 781.831.4414

**SEND ENTRIES to:**  
 Andrea TOUGAS - mobile: 781.738.2057  
[andrea@southshorediving.com](mailto:andrea@southshorediving.com)  
 656 West Street  
 Duxbury, MA 02332

**MEET LOCATION:**  
 LINCOLN HANCOCK Community School  
 365 Water Street  
 Quincy, MA 02169

**EVENT FEES:**  
 \$35.00 entry fee per event.  
**(PayPal \$36 per event)**  
 Check payable to Craig Dolloff  
**Deck entries \$25 late fee.**

Please go to the following link for meet payment:  
<http://www.southshorediving.com/ssdcjuneinvite.html>

**FORMS & FEE SUBMISSION:**

- \* PARTICIPANT DIVES MUST BE SUBMITTED BY 6/06. (to [andrea@southshorediving.com](mailto:andrea@southshorediving.com))
- \* FORMS CAN BE SUBMITTED ON DAY OF EVENT UPON ARRIVAL. (see registration desk)
- \* FEE MUST BE PAID BY JUNE 6<sup>th</sup> VIA PAYPAL OR CHECK POSTMARKED BY JUNE 6<sup>th</sup>
- \* CHECKS/FORMS/DIVES MUST BE SUBMITTED TO andrea TOUGAS - postmarked by 06.06.11!
- \* DIVE LIST CAN BE SUBMITTED VIA EMAIL to [andrea@southshorediving.com](mailto:andrea@southshorediving.com)



**Facility:** 25 yard pool with two one-meter boards. Both boards are Duraflex Maxi B Boards. Pool Depth 12' 0"

**Warm ups:** 30 minutes before each event.

**Event Schedule:** First Event will start @ 9:00am.  
 Novice events will run with the JO events.

- Event 1** 9 & U and 10-11 Girls & Boys 1 meter
- Event 2** 12 - 13 Girls & Boys 1Meter
- Event 3** 14 - 15 Girls & Boys 1Meter
- Event 4** 16 - 18 Girls & Boys 1 Meter

Awards: Junior → Top 6 places (Medals)  
 Novice → Top 6 places (Ribbons)

Directions: <http://www.southshorediving.com/quincypool.html>

Estimated **Timeline** will be posted on [www.southshorediving.com](http://www.southshorediving.com) by Thursday PM June 9<sup>th</sup>

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an Internet connection. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.
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# Rules

## \*\*J.O. & Novice REQUIREMENTS \*\*\*

Age groups	9 & Under	11 & Under	12-13	14-15	16-18
	FINA Group E	FINA Group D	FINA Group C	FINA Group B	FINA Group A
	9 years or younger on December 31 <sup>st</sup> of the year of competition	11 years or younger on December 31 <sup>st</sup> of the year of the competition.	12 or 13 years on December 31 <sup>st</sup> of the year of the competition.	14 or 15 on December 31 <sup>st</sup> of the year of the competition	16 or 18 on December 31 <sup>st</sup> of the year of competition
	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Girls</b>	<b>Girls</b>	<b>Girls</b>
	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>
<b>Total amount of Dives</b>	4 dives	5 dives	7 dives	8 dives	9 dives
<b>Voluntary dives</b>	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
<b>Max DD</b>	5.4 1m	5.4 1m	9.0 1m	9.0 1m	9.0 1m
<b>Max DD</b>	5.4 3m	5.4 3m	9.5 3m	9.5 3m	9.5 3m
<b>Optional Dives</b>	1 dives from different groups	2 dives from different groups	2 dives from different groups	3 dives from different groups	4 dives from different groups
<b>DDs</b>	Without DD limit	Without DD Limit	Without DD Limit	Without DD limit	Without DD limit
			<b>Boys</b>	<b>Boys</b>	<b>Boys</b>
<b>Total amount of Dives</b>			8 dives	9 dives	10 dives
<b>Voluntary dives</b>			5 dives from different groups	5 dives from different groups	5 dives from different groups
<b>Max DD</b>			9.0 1m	9.0 1m	9.0 1m
<b>Max DD</b>			9.5 3m	9.5 3m	9.5 3m
<b>Optional Dives</b>			3 dives from different groups	4 dives from different groups	5 dives from different groups
<b>DDs</b>			Without DD Limit	Without DD limit	Without DD Limit
	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>
<b>Novice</b>	<b>9 &amp; Under</b>	<b>10-11</b>	<b>12-13</b>	<b>14-15</b>	<b>16-18</b>
<b>Amount of Dives</b>	5 dives	5 dives 1M 6 dives 3M	6 dives 1M 7 dives 3M	7 dives 1M 8 dives 3M	7 dives 1M 8 dives 3M
<b>Voluntary Dives</b>	100 & 200 Front and Back Jump. A, B or C DD of 1.0	100 & 200 Front and Back Jump. A, B or C On 3M add front line up (001D) all DD 1.0	100 & 200 Front and Back Jump. A, B or C, Plus on 3M add front line up (001D) DD 1.0 101 at 1.8 on 1M and 1.9 on 3M.	100 & 200 Front and Back Jump. A, B or C, On 3M add front line up (001D) DD 1.0. 5 opts from 3 groups A group can not be used more than twice in opts	100 & 200 Front and Back Jump. A, B or C, On 3M add (001D) DD 1.0 5 opts from 3 groups A group can not be used more than twice in opts
<b>Optional Dives</b>	3 dives from 2 different groups DD of 1.0	3 dives from 2 different groups DD of 1.0	3 dives opts from different groups true DD's	5 dives from 3 groups true DD's	5 dives from 3 groups true DD's

A

**SOUTH SHORE DIVING CLUB RELEASE**

I, \_\_\_\_\_, for my heirs, assigns, executors, and administrators, in  
(PARTICIPANT)

consideration of the Town of Quincy permitting me to use certain facilities and property in order to participate in the SSDC AAU Spring Meet to be held at the Lincoln Hancock Community School on Saturday, June 11, 2011, hereby release and discharge the South Shore Diving Club and the Town of Quincy, its corporators, trustees, officers, faculty, students, employees, and agents of and from all claims, demands, actions and causes of action of every nature, including, but not limited to, all losses or expenses (including but not limited to physical injury, loss of property or death) which may arise and relate in any way to my activities while taking part in said meet.

Further, I \_\_\_\_\_, for my heirs, assigns, executors, and administrators, agree to indemnify and hold the South Shore Diving Club and the Town of Quincy, its corporators, trustees, officers, faculty, students, employees and agents harmless from and against any and all liabilities, claims, actions cost and expenses in any way relating to or arising out of my activities while in said meet.

I, \_\_\_\_\_, also warrant the South Shore Diving Club and the Town of Quincy that I take full responsibility for all actions and activities of any person or persons whom I bring onto or cause to be admitted to the Town of Quincy's property while taking part in said meet.

This instrument is executed under said seal:

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
Participant (SIGN)

Agreed to on behalf of participant:

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
Parent or guardian sign if participant is under 18 years of age

B

**AAU DIVING RELEASE**

In consideration of your acceptance of this application, I hereby, for all heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have against Amateur Athletic Union Diving, South Shore Diving Club, Town of Quincy, their agents, representatives, successors or assignees for any and all injuries to me at said meet and premises.

\_\_\_\_\_/\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
Name of Participant, Signature of Parent or Guardian

C

**ENTRY FORM**

Name: \_\_\_\_\_ Age Group: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ Mobile: ( ) \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ email: \_\_\_\_\_

DOB: \_\_\_\_\_ AAU Registration #: \_\_\_\_\_  
(mandatory)

Club \_\_\_\_\_ Coach \_\_\_\_\_

Events #: \_\_\_\_\_ x \$35.00 per event = \$ \_\_\_\_\_ total enclosed.

All 3 sections (A, B & C) of this form MUST be completed before getting on the boards. Please complete and return with entry fee payable to Craig Dolloff. Dive & level MUST accompany entry. Mail to: Andrea Tougas, 656 West Street, Duxbury, MA 02332. Please direct any questions to Andrea @ 781.738.2057 or Craig @ 781.831.4414 or [andrea@southshorediving.com](mailto:andrea@southshorediving.com)

<b>Requirements for Nationals 2011</b>	<b>1 Meter</b>
10-11 Boys FINA Meet (5 Dives)	120
10-11 Girls FINA Meet (5 Dives)	130
12-13 Boys FINA Meet (8 Dives)	210
12-13 Girls FINA Meet (7 Dives)	205
14-15 Boys FINA Meet (9 Dives)	265
14-15 Girls FINA Meet (8 Dives)	250
16-18 Boys FINA Meet (10 Dives)	365
16-18 Girls FINA Meet (9 Dives)	305