

2007 Christmas Gift-Giving Meet
Saturday, December 15, 2007
AAU Sanction # 8KNEDI9989
“AAU Nationals-Qualifying Meet”



Meet Director: Jim Kelly ~ Jim@USAdiver.com
781-834-7249

Send entries to: Jim Kelly
P.O. Box 44
Green Harbor, Ma 02041

Meet Site: Atkinson Pool, Sudbury, Mass. Directions on BADWEST.COM
40 Fairbank Road
Sudbury, Ma 01776

Hosted by: Boston Area Diving West

Eligibility: Divers must be registered with AAU and present an AAU registration card or number before getting on boards.

Facility: Two model B one meter boards on Durafirm stands. Depth is 12'6"
Limited spectator seating, but two TIVO's for your viewing pleasure.

Rules: The most recent AAU rules will apply. See attachment for synchro rules

Entry fee: \$20 per regular event. \$10 per synchro event. Save your stamps for Christmas Cards! Coaches, please email *your team entries with dive #'s, name, age, sex & event to: Jim@USAdiver.com before Wed. Dec 12. Any diver info/reg received after that date will pay a late fee of \$15. Divers/parents/coaches, please accurately fill out and bring the attached meet registration forms & fees with you and give to 'check-in' person. Synchro sheets may be completed at meet. All checks payable to: Jim Kelly*

Awards: **Medals for top SIX.** Gifts for everyone!

Events: Girls and Boys, Novices & Jr divers will dive together in their respective age groups, but will be scored separately for awards purposes. Warm ups 30 minutes before each event & may be adjusted as necessary. 8:15 a.m warm up for 1st event only; meet timeline TBA after Wed. entry deadline.

- #1 11 & under boys & girls (7&U,9&U,10-11) (9:00 am start)
- #2 13 & under boys & girls synchronized diving (12-13)
- #3 12-13 boys & girls
- #4 14-18 boys & girls synchronized diving (14-15 & 16-18 & Seniors)
- #5 14-18 boys & girls

A) BOSTON AREA DIVING WEST-ATKINSON POOL RELEASE

I, _____, for my heirs, assigns, executors, and administrators, in consideration
(Participant)
of BADWEST/ATKINSON POOL permitting me to use certain facilities and property in order to
participate in the diving meet being held at _____, on _____,
hereby release and discharge BADWEST/ATKINSON POOL, 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 BADWEST/ATKINSON POOL, 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 BADWEST/ATKINSON POOL 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 ATKINSON POOL property while taking part in said meet.

This instrument is executed under said seal: _____ Date ___/___/___
Participant signature

Agreed to on behalf of participant: _____ Date ___/___/___
Parent/guardian sign if participant is under 18

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**B) AMATEUR ATHLETIC UNION – U.S. DIVING -BADWEST 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 the Amateur Athletic Union  
, U.S. Diving, Boston Area Diving West, 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 \_\_\_\_\_ Town \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Hometown newspaper \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Diving Club \_\_\_\_\_ Coach \_\_\_\_\_  
AAU or USD Reg # \_\_\_\_\_  
Events Name & # \_\_\_\_\_ x \$20.00 per event = \$ \_\_\_\_\_ total enclosed.

All three sections (A, B & C) of this form MUST be completed before getting on the boards. Please return  
with entry fee before deadline, payable to JIM KELLY. Mail To: JIM KELLY, P.O. BOX 44, GREEN  
HARBOR, MA 02041. Please direct any questions to [Jim@USAdiver.com](mailto:Jim@USAdiver.com)

**Synchronized Diving Rules**  
**2007 Christmas Gift-Giving Meet**  
**December 15, 2007**



**All age groups have the same rules**

**Each team does three dives ~ Natural Degrees of Difficulty**  
**Oldest diver determines the age group you dive in**

**Forward group** ~ both divers perform dives with a forward take-off. You may do the same dives or different dives. **Example: 101a and 301a or two 301a's**

**Backward group** ~ both divers perform dives with the backward take-off. You may do the same dives or different dives. **Example: 403c and 203c or two 203c's**

**Combined** ~ combination of a forward & backward facing take-off. Different dives. **Example: 301b & 201b**

**Twisting dives** look especially good when they are in synch! ☺

**One combined degree of difficulty** will be used for **each pair** of dives: Determined by **adding** the individual dd's of each dive, **dividing by two**, and rounding to the **next tenth** of a point when necessary.

~How the Gift-Giving works~

Coaches: Each team mate chooses or is given a gift-buddy (secret Santa if you will?); It would be nice if they *found out a little bit about that person* and buy them a gift-not more than \$10. Please wrap and clearly address your gift To: & From:

On the awards stand, the gift buddy will give their teammate their gift. If gift-buddy is not available to present the gift at awards time, then please designate someone to give the gift.

*Please place gifts on gift table out in pool according to age group-J.O. or Novice; Age group sections will be clearly marked.*

As always, we will have extra gifts, just in case.

Coaches:

Please let me know if someone on your team does not have a gift-buddy....or, for whatever reason, is not in position to get a gift...**We want them all on the awards stand and everyone gets a gift!!! No one will be left out!**...Thanks...

# Rules

**\*\*We will follow the new 2006 FINA rules and follow the new USD Novice rules\*\***

| 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                                                                       |
|                       | Boys and Girls                                                             | Boys and Girls                                                                     | Girls                                                                                                                | Girls                                                                                                                                                 | Girls                                                                                                                                  |
|                       | 1 meter and 3 meter                                                        | 1 meter and 3 meter                                                                | 1 meter and 3 meter                                                                                                  | 1 meter and 3 meter                                                                                                                                   | 1 meter and 3 meter                                                                                                                    |
| Total amount of 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 1m                                                                     | 5.4 1m                                                                             | 9.0 1m                                                                                                               | 9.0 1m                                                                                                                                                | 9.0 1m                                                                                                                                 |
| Max DD                | 5.4 3m                                                                     | 5.4 3m                                                                             | 9.5 3m                                                                                                               | 9.5 3m                                                                                                                                                | 9.5 3m                                                                                                                                 |
| Optional Dives        | 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                                                                                                          |
| DDs                   | Without DD limit                                                           | Without DD Limit                                                                   | Without DD Limit                                                                                                     | Without DD limit                                                                                                                                      | Without DD limit                                                                                                                       |
|                       |                                                                            |                                                                                    | Boys                                                                                                                 | Boys                                                                                                                                                  | Boys                                                                                                                                   |
| Total amount of Dives |                                                                            |                                                                                    | 8 dives                                                                                                              | 9 dives                                                                                                                                               | 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 1m                                                                                                                                 |
| Max DD                |                                                                            |                                                                                    | 9.5 3m                                                                                                               | 9.5 3m                                                                                                                                                | 9.5 3m                                                                                                                                 |
| Optional Dives        |                                                                            |                                                                                    | 3 dives from different groups                                                                                        | 4 dives from different groups                                                                                                                         | 5 dives from different groups                                                                                                          |
| DDs                   |                                                                            |                                                                                    | Without DD Limit                                                                                                     | Without DD limit                                                                                                                                      | Without DD Limit                                                                                                                       |
|                       | Boys and Girls                                                             | Boys and Girls                                                                     | Boys and Girls                                                                                                       | Boys and Girls                                                                                                                                        | Boys and Girls                                                                                                                         |
| Novice                | 9 & Under                                                                  | 10-11                                                                              | 12-13                                                                                                                | 14-15                                                                                                                                                 | 16-18                                                                                                                                  |
| Amount of Dives       | 5 dives                                                                    | 5 dives 1M<br>6 dives 3M                                                           | 6 dives 1M<br>7 dives 3M                                                                                             | 7 dives 1M<br>8 dives 3M                                                                                                                              | 7 dives 1M<br>8 dives 3M                                                                                                               |
| Voluntary Dives       | 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 |
| Optional Dives        | 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 opts from 3 groups true DD's                                                                                                         |

## 2007 Requirements for District, Regional and National Competitions



| Requirements for Nationals 2007 | 1 Meter | 3 Meter |
|---------------------------------|---------|---------|
| <b>11 and Under Girls</b>       |         |         |
| AAU, FINA meet (5 dives)        | 130.00  | 140.00  |
| <b>11 and Under Boys</b>        |         |         |
| AAU, FINA meet (5 dives)        | 120.00  | 125.00  |
| <b>12-13 Girls</b>              |         |         |
| AAU, FINA meet (7 dives)        | 205.00  | 210.00  |
| <b>12-13 Boys</b>               |         |         |
| AAU, FINA meet (8 dives)        | 210.00  | 225.00  |
| <b>14-15 Girls</b>              |         |         |
| AAU, FINA meet (8 dives)        | 250.00  | 260.00  |
| High School (11 dives)          | 362.00  |         |
| <b>14-15 Boys</b>               |         |         |
| AAU, USD, FINA meet (9 dives)   | 265.00  | 270.00  |
| High School (11 dives)          | 382.00  |         |
| <b>16-18 Girls</b>              |         |         |
| AAU, FINA meet (9 dives)        | 305.00  | 315.00  |
| High School (11 dives)          | 372.00  |         |
| <b>16-18 Boys</b>               |         |         |
| AAU, FINA meet (10 dives)       | 365.00  | 395.00  |
| High School (11 dives)          | 405.00  |         |