



2009 CRD Winter Tune Up

Date:	Sunday, December 20, 2009
Meet Director:	Keith Miller, (617) 496-8790 - kdmiller@fas.harvard.edu Harvard University Athletics Murr Center – 65 N. Harvard Street Boston, MA 02163-1012
Location:	Blodgett Pool, Harvard University
Facility:	Two 1-meter and two 3-meter Model “B” Maxiflex springboards, all on short stands. 1-meter, 3-meter and 7.5-meter platform, with Mondo surfaces, trampoline and port-a-pit with overhead spotting rigs on deck. Separate diving area, 15 feet deep.
Eligibility:	All divers must be registered with United States Diving (at least a “Limited” membership is required). Registration is available online at: www.usadiving.org/ .
Rules:	2009 USA Diving Rules will govern except as outlined below for “Novice / Limited” events. Novice & “Limited” events: Divers may choose to do 3 dives, 4 dives, 5 dives or 6 dives, depending on their own level of experience, and will be grouped accordingly. There will be a boys and girls event in each group, for a total of up to 8 events. All events will be run together, with divers doing 6 dives starting each round, followed by those doing 5 dives, then 4, then 3. All divers will compete on 1 meter first. Any Novice and Limited divers who wish to compete on 3 meter may join the JO boys during event # 2.
Entry Fees:	Entries are \$25 per event. Make Checks payable to “Keith Miller.” Entries are due by Wednesday, December 16 . Late entries will be assessed an additional \$15 <u>per event</u> .
Awards:	TBD – we expect to have medals for all divers registered by Wednesday, December 16; ribbons for all others.
Practice Times:	Sunday December 20: Open boards, 8:00 – 9:30 A.M. First event only, 9:30 – 10 A.M. The first event begins at 10 A.M.
Event Schedule:	All events will be run simultaneously. A preliminary timetable will be sent by email to all coaches by Friday, December 18. Event #1: Novice & “Limited” 1 Meter Event #2 & 3: JO (all groups): Girls on 1M, Boys on 3M & Novice & “Limited” 3M Event #4: JO (all groups): Boys on 1M, Girls on 3M Event #5: Platform / Zone training: the boards and platforms will be open for training for approximately 1 hour. This “event” is open only for divers who would like to “train” on platform, and also to divers who have already qualified for JO Zone and/or East National Championships.

Please note: We will send out an estimated timeline by Friday, December 18, to all divers who are registered at that point. **Please make sure you print your email address clearly!**

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Entry Form

Name:	Birthdate:	Age:	USD No.:
Club:	Coach:		Gender: M F
Address:			Phone:
City:	State:	Zip:	
Home email (please print clearly):			

Events Entered (Please circle your selected events below):				
#1 (Nov/Limited 1M)	#2 (JO, 1 st board)	#3 (Nov/Limited 3M)	#4 (JO, 2 nd board)	#5 (Plat/Zone)
Total Events:				
Entry Fee (\$25.00 per event):				
Late Fees (\$15.00 per event):				
Total Due:				

Please make checks payable to “KEITH MILLER” and return to:

Keith Miller
60 Cushing Street
Waltham, MA 02453-0411

Waiver of Liability:

I _____, for my heirs, assigns, executors, and administrators, in consideration of Harvard University permitting me to use certain facilities and property in order to participate in the “2009 CRD Summer Tuneup”, do hereby waive and release any and all rights and claims for damage I may have against Charles River Diving, the President and Fellows of Harvard University, United States Diving, their agents, representatives, successors or assignees for any and all injuries to me resulting from the participation in said program.

Name of Participant

Signature of Parent or Guardian

Date