



2010 CRD Winter Tune Up

Date:	Saturday, February 13, 2010
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 AAU Diving.
Rules:	2010 AAU 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.
Entry Fees:	Entries are \$25 per event. Make Checks payable to “Harvard Athletics.” Entries are due by Monday, February 8 . Late entries will be assessed an additional \$15 <u>per event</u> .
Awards:	Medals for all pre-registered divers.
Practice Times:	Saturday, February 13: Open boards, 7:00 – 8:50 A.M. First event begins at 9 A.M.
Event Schedule:	All events will be run simultaneously. A preliminary timetable will be sent by email to all coaches by Wednesday, February 10. Please note that the pool is available for diving until 2 p.m. on Saturday. Depending on entries, if events are likely to continue beyond 2 p.m., we will take a lunch break during the water polo practice and then resume with warmup at 4:30 p.m. and diving at 5 p.m. Event #1: JO (all groups): Girls on 3M, Boys on 1M, with Novice & “Limited” 1M Event #2: JO (all groups): Girls on 1M, Boys on 3M with Novice & “Limited” 3M Event #3: 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.

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Entry Form

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

Events Entered (Please circle your selected events below):		
Girls 3M, Boys 1M/Nov. & "Limtd." 1M	Girls 1M, Boys 3M/Nov. & "Limtd." 3M	Platform
Total Events:		
Entry Fee (\$25.00 per event):		
Late Fees (\$15.00 per event):		
Total Due:		

Please make checks payable to "HARVARD ATHLETICS" and return to:

Keith Miller, Diving Coach
 Harvard Athletics
 Murr Center – 65 N. Harvard Street
 Boston, MA 02163-1012

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 "2010 CRD Winter 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, AAU, 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