



2009 Thanksgiving meet Sunday, November 15, 2009

- 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Director:

[Wilson Aybar](#)
waybar@holycross.edu

Send Entries to:

Wilson Aybar
23 Park Street.
Webster MA 01570

Meet Site:

Hart Recreation Center
Holy Cross
Worcester, MA 01610

Fees:

\$20.00 entry fee per event.

Check payable to CMD

Deck entries \$10 late fee..

Forms should be sent to above address no later than Wednesday November 11th 2009

****If forms are not post marked by deadline then late fee will apply regardless if list has been sent in. Please make note..**

Facility: A separate diving well contains two one-meter boards and one three-meter board. All three boards are Duraflex, wafer diving boards. Pool Depth 13' 6"

Warm ups: 30 minutes before each event.

Warm -up for all 13 and under, not before 11:30am (may start later)

Practice Times: Sunday February 8

14 and over: Open 7:45-8:45. Event Only 8:45-9:15 First event 9:30

13 and under: Open not before 11:30. Open for 45 mins, followed by 30mins event only

Event Schedule: First Event 9:30am.

Novice events will be run with the Junior events

B1) 14-15 Boy and Girls 3m B2)16-18 Boy and Girls 1m

B3) 14-15 Boy and Girls 1m B4)16-18 Boy and Girls 3m

Warm -up for all 13 and under not before 11:30am (may start later)

Novice events will be run with the Junior events

A1) **9 & U and 10-11** One meter

A2) **12-13** three meter

A3) **12-13** one meter

A4) **9 & U and 10-11** three meter

Awards: Junior à Top 6 places (1-3 medals 4-6 custom ribbons)

Novice à Top 6 places (Custom Ribbons)

Directions: www.centralmassdiving.com/directions.htm



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 st of the year of competition	11 years or younger on December 31 st of the year of the competition.	12 or 13 years on December 31 st of the year of the competition.	14 or 15 on December 31 st of the year of the competition	16 or 18 on December 31 st 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

Max DD			9.0 1m	9.0 1m	9.0 1m
			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 6 dives 3M	6 dives 1M 7 dives 3M	7 dives 1M 8 dives 3M	7 dives 1M 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 dives from 3 groups true DD's

A

COLLEGE OF THE HOLY CROSS RELEASE

I, _____, for my heirs, assigns, executors, and administrators, in
PARTICIPANT)

consideration of the College of the Holy Cross permitting me to use certain facilities and property in order to participate in the AAU CMD Thanksgiving Diving meet to be held at the College of the Holy Cross on Sunay | November 15th 2009, hereby release and discharge the College of the Holy Cross, 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 College of the Holy Cross, 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 College of the Holy Cross 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 College of the Holy Cross'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

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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, Central Mass Diving, College of the Holy Cross, 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

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C ENTRY FORM

Name _____ Age Group _____ Sex _____

Address _____ Phone () _____

Town _____ State _____ ZIP _____ e-mail: _____

Date of Birth _____ AAU Registration # _____
(mandatory)

Club _____ Coach _____

Events (#s) _____ x \$20.00 per event = \$ _____ total enclosed.

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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 CMD. Dive & level **MUST** accompany entry. Mail to: Wil Aybar, 23 Park St. Webster, MA 01570. Please direct any questions to Wil Aybar at (508) 410-3899 or waybar@holycross.edu

Diver _____ **AGE** _____

Please per event circle age and level

- EVENTS:** 1. 1 METER 9U, 11U, 12-13, 14-15, 16-18, Master, **Level:** Novice or JO
2. 3 METER 9U, 11U, 12-13, 14-15, 16-18, Master, **Level:** Novice or JO

Dives per event: view color chart above for numbers of dives

	1m	3m
Dive 1		
Dive 2		
Dive 3		
Dive 4		
Dive 5		
Dive 6		
Dive 7		
Dive 8		
Dive 9		
Dive10		
Dive11		

Cut dotted line and return top portion with your registration.

Requirements for Nationals 2010	1 Meter	3 Meter
Group D 10-11 Boys FINA Meet (5 Dives)	120	125
Group D 10-11 Girls FINA Meet (5 Dives)	130	140
Group C 12-13 Boys FINA Meet (8 Dives)	210	225
Group C 12-13 Girls FINA Meet (7 Dives)	205	210
Group B 14-15 Boys FINA Meet (9 Dives)	265	270
Group B 14-15 Girls FINA Meet (8 Dives)	250	260
Group A 16-18 Boys FINA Meet (10 Dives)	365	395
Group A 16-18 Girls FINA Meet (9 Dives)	305	315