

**2009 Speedo Junior National Diving Championships  
&  
2009 USA Diving Age Group National Championships  
August 1-8  
(Sanction #: 09-243)**

**Meet Directors:**  
Bobby Blank  
[bobbyblank@yahoo.com](mailto:bobbyblank@yahoo.com)

**Meet Registration:**  
[www.divemeets.com](http://www.divemeets.com)

**Dates:** August 1-8, 2009

**Event Fee and Late Fees:** \$30/event entry; Late fees: one-time \$30 fee. Late dive sheets: \$15/sheet.

**Meet Site:** Moultrie Recreation Department, 1020 4th Street, S.W., Moultrie, Georgia

**Facility:** The Facility includes:

- 4 1-meter Model B maxiflex boards
- 4 3-meter Model B maxiflex boards
- \*All boards are on concrete stands
- 1, 3, 5, 7.5, and 10-meter towers with roughtex surface

**Coaches:**

A reminder that you must meet all USA Diving safety certification requirements to be allowed on deck at USA Diving events. This will be strongly enforced in 2009. For more information on the requirements, please [click here](#). To see when safety training classes are offered, [click here](#).

**Age Group Coach Meeting:** Friday 7/31 7:00PM at Moose Moss Aquatic Center

**Junior Nationals Coach Meeting:** Tuesday 8/4 6:30PM at Moos Moss Aquatic Center

**Opening Ceremonies:** Monday, August 3<sup>rd</sup> @ 6:30 p.m. at the pool.

**THE POOL WILL BE CLOSED FROM 4:30 P.M. TO 8:00 P.M. DURING SET UP AND FOR THE CEREMONY ACTIVITIES.**

The ceremony is for both the Age Group Nationals and Junior Nationals. Please make plans to attend.

**Practice Times:**

Open work outs:

Wednesday July 29<sup>th</sup> 10AM-8PM

Thursday July 30<sup>th</sup> 10AM-8PM

Friday July 31<sup>st</sup> 9AM-9PM

Starting on Competition days there will be 3 45 min Flighted workouts from 6AM-8:15AM

Flight one 6-6:45AM

Flight two 6:45-7:30AM

Flight three 7:30-8:15AM

Pool will be open after events are completed each day until 9PM.

However due to opening ceremonies the pool will be open from 8-9:30PM on Monday August 3<sup>rd</sup>.

**Schedule of Events:**

USA Diving Age Group National Championships: August 1-4

Speedo Junior National Diving Championships: August 5-8

**AGE GROUP NATIONALS**

**Saturday, August 1**

9-11:05 a.m. - Prelims for 12-13 3M Girls, 12-13 1M Boys, 16-18 PL Girls

12:05-2:25 p.m. - Prelims for 11&U 1M Girls, 11&U 3M Boys, 16-18 PL Boys

3:10-3:35 p.m. - Finals for 12-13 3M Girls, 12-13 1M Boys

4:20-4:50 p.m. - Finals for 16-18 PL Girls, 11&U 1M Girls

5:35-6:05 p.m. - Finals for 16-18 PL Boys, 11&U 3M Boys

### **Sunday, August 2**

9-11:05 a.m. - Prelims for 11&U 3M Girls, 11&U 1M Boys, 14-15 PL Boys  
12:05-2:40 p.m. - Prelims for 16-18 1M Girls, 16-18 3M Boys, 14-15 PL Girls  
3:15-3:40 p.m. - Finals for 11&U 3M Girls, 11&U 1M Boys  
4:25-5 p.m. - Finals for 14-15 PL Girls, 16-18 3M Boys  
5:45-6:15 p.m. - Finals for 14-15 PL Boys, 16-18 1M Girls

### **Monday, August 3**

9-11:20 a.m. - Prelims for 14-15 3M Girls, 14-15 1M Boys, 11&U PL Girls  
11:50 a.m. - 1:55 p.m. - Prelims for 11&U PL Boys, 12-13 1M Girls, 12-13 3M Boys  
2:40-3:10 p.m. - Finals for 11&U PL Girls, 14-15 3M Girls, 14-15 1M Boys  
3:55-4:20 p.m. - Finals for 11&U PL Boys, 12-13 1M Girls, 12-13 3M Boys  
**-OPENING CEREMONIES at 6:30 p.m. – Pool closes at 4:30 p.m. for set up-**

### **Tuesday, August 4**

9 a.m. to 11:35 a.m. - Prelims for 12-13 PL Boys, 16-18 3M Girls, 16-18 1M Boys  
12:05-2:25 p.m. - Prelims for 12-13 PL Girls, 14-15 1M Girls, 14-15 3M Boys  
3:10-3:45 p.m. - Finals for 12-13 PL Boys, 16-18 1M Boys  
4:30-5 p.m. - Finals for 12-13 PL Girls, 16-18 3M Girls  
5:45-6:15 p.m. - Finals for 14-15 3M Boys, 14-15 1M Girls

## **JUNIOR NATIONALS**

### **Wednesday, August 5**

9-11:20 a.m. - Prelims for 12-13 PL Girls, 14-15 1M Girls, 14-15 3M Boys  
12:20-2:55 p.m. - Prelims for 16-18 1M Boys, 16-18 3M Girls, 12-13 PL Boys  
3:40-4:10 p.m. - Finals for 14-15 1M Girls, 14-15 3M Boys  
4:55-5:25 p.m. - Finals for 12-13 PL Girls, 16-18 3M Girls  
6:10-6:45 p.m. - Finals for 12-13 PL Boys, 16-18 1M Boys

### **Thursday, August 6**

9-11:20 a.m. - Prelims for 14-15 3M Girls, 14-15 1M Boys, 11&U PL Girls  
12:20-2:55 p.m. - Prelims for 16-18 3M Boys, 16-18 1M Girls, 11&U PL Boys  
3:40-4:10 p.m. - Finals for 14-15 1M Boys, 14-15 3M Girls,  
4:55-5:30 p.m. - Finals for 11&U PL Boys, 16-18 3M Boys  
6:15-6:45 p.m. - Finals for 11&U PL Girls, 16-18 1M Girls

### **Friday, August 7**

9-10:50 a.m. - Prelims for 14-15 PL Girls, 11&U 1M Girls, 11&U 3M Boys  
11:20-1:25 p.m. - Prelims for 12-13 1M Girls, 12-13 3M Boys, 14-15 PL Boys  
2:10-2:35 p.m. - Finals for 14-15 PL Girls, 11&U 1M Girls  
3:20-3:45 p.m. - Finals for 12-13 1M Girls, 12-13 3M Boys  
4:30-5 p.m. - Finals for 14-15 PL Boys, 11&U 3M Boys

### **Saturday, August 8**

9-11:05 a.m. - Prelims for 16-18 PL Girls, 11&U 3M Girls, 11&U 1M Boys  
12:05-2:25 p.m. - Prelims for 16-18 PL Boys, 12-13 3M Girls, 12-13 1M Boys  
3:10-3:35 p.m. - Finals for 11&U 3M Girls, 11&U 1M Boys  
4:20-4:50 p.m. - Finals for 16-18 PL Boys, 12-13 1M Boys  
5:35-6:05 p.m. - Finals for 16-18 PL Girls, 12-13 3M Girls

**USA<sup>TM</sup>**  
**DIVING**

**Directions:**

**From Tifton:** take US 319 south to Moultrie. Continue through town on Main Street (Business 319) Turn right on 11th Ave. SE.(at CVS Pharmacy) Pool is one block over

**From Tallahassee/Thomasville:** take US 319 north to Moultrie. Turn left onto Business 319 and proceed into town on Main Street. Turn left on 11th Ave. SE. (at CVS Pharmacy) Pool is one block over

**From Valdosta:** take GA Hwy 133 to Moultrie. Continue into town until 2nd street. Turn left on 2nd street and proceed to 11th Ave. SW. Turn right on 11th Ave. SW. Pool is three blocks over.

**Hotels:**

National Travel Systems, the Official Housing Service of USA Diving, has reserved hotel room blocks close to the venue at very good rates. The following hotels have been booked for this event.

To make hotel reservations, please click on the following link: <http://www.ntssportstravel.com/diving/>. You can also make reservations by calling National Travel Systems at: 1-888-603-8747.

**Holiday Inn Tifton, GA**

- Located approximately 27 miles (36 minutes driving) to the pool
- Room Rate: \$79.95/night plus tax (single or double occupancy)
- Participants must book prior to July 15 to reserve a room in this block

**Rental Car Discount with HERTZ:**

Hertz is the official rental car supplier of USA Diving. Visit Hertz at [www.hertz.com](http://www.hertz.com) or call 1-800-654-2210 and use CV#03CH0004 and CDP#1423923 when making reservations to receive USA Diving's special discounted rates.

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