

2023 NJPMA DIVING CHAMPIONSHIP

REQUIREMENTS

MEET DIRECTOR: Lisa Adamek - pvscmanager@gmail.com, (201) 739-7278

DATE: Monday, July 31st (Raindate (or Overflow if necessary) Tuesday, August 1st)

SITE: Pascack Valley SC

EVENTS: 9/u B & G
10/11 B & G
12-14 B & G
15-17 B & G

WARM-UP: 9/u B & G - 1:30
10/11 B & G - 1:30
12-14 B & G - 4:00*
15-17 B & G - 4:00*

IMPORTANT GENERAL NOTES:

1 - WARM-UP for the 9/10 & 10/11 age groups will BEGIN at 1:30 pm for the first two age groups and the meet will START at 2:30pm.

WARM-UP for the 12-14 & 15-17 age groups will BEGIN at 3:30 pm for the two older age groups and their session will START at 4:30 pm.

2 - Enter all divers in the correct age group. NO DIVING UP. May 31st is date for age cutoff.

3 - Current US Diving Technical Rules will govern this meet.

4 - CUTS will be to the top 12 Divers in events with over 16 people competing.

5 - May not do 3 dives from the same group in any age-group (jumps not included).

6 - Cannot use same dive twice (example: no 101B and 101C).

7 - A diver who fails 2 dives will not be permitted to continue in the meet.

8 - Jumps may be done with arms at side or fully extended overhead.

9 - Required dives are 101 B or C; 201 A, B, or C; 301 B or C; 401 B or C, except in 15-17 group.

10 - There is no cap on the number of divers allowed to participate per team!

AGE GROUPS

DIVE ORDER & REQUIREMENTS

9/u- 4 dives

A DD of 1.0 shall be used for all dives and jumps in this age group

Must cover at least **2 groups**, no twisting dives

1. Front or Back Jump - 100 B or C, 200 A, B, C

2. Required dive - 101B or C; 201 A, B, or C; 301B or C; 401B or C

3. Required dive - 101B or C; 201 A, B, or C; 301B or C; 401B or C

-- CUTS (if needed)

4. Optional dive - any 02 (102, 202, 302, 402) in B or C, 202A; 103 B or C

- or any required not already used

10/11- 5 dives

A DD of 1.0 shall be used for jumps & required dives,

Table DD for optional, **capped at 1.9**. Must cover at least **3 groups**

1. Front or Back Jump - 100 B or C, 200 A, B, C

2. Required dive - 101B or C; 201 A, B, or C; 301B or C; 401B or C

3. Optional dive - any 02 (102, 202, 302, 402) in B or C, 202A; 103 B or C

- or any required not already used

- or 5221D, 5122D; 104C

-- CUTS (if needed)

4. Required dive not already used - same choices as dive #2

5. Optional dive not already used - same choices as dive #3

12 - 14 - 5 dives

Table DD for required dives and optional dives

Must cover at least **4 groups**

1. Required dive - 101B or C; 201 A, B, or C; 301B or C; 401B or C

2. Optional dive - any 02 (102, 202, 302, 402) in B or C; 202A

- or any required not already used

- or 103B or C; 203 B or C; 303C; 403C; 104 B or C; 204C
- or 5221D, 5122D, 5231D, 5132D
- 3. Optional dive not already used - same choices as dive #2
-- CUTS (if needed)
- 4. Required dive not already used - same choices as dive #1
- 5. Optional dive not already used - same choices as dive #2

15-17 - 6 dives

Table DD for required dives and optional dives

Must cover at least **4 groups**

If doing 2 twisters they must be in different directions

1. Required dive - 101B or C; 201 A, B, or C; 301B or C; 401B or C
- or **103 B or C; 5111A, 5211A; 301A, 401A**
2. Optional dive - any 02 (102, 202, 302, 402) in B or C; 202A
- or any required not already used
- or 203 B or C; 303C; 403C; 104 B or C; 204C
- or 5221D, 5122D, 5231D, 5132D
- or 105C, 304C, 5124D, 5134D, 5223D, 5233D, 5322D
3. Optional dive not already used - same choices as dive #2
-- CUTS (if needed)
4. Required dive not already used - same choices as dive #1
5. Required dive not already used - same choices as dive #1
6. Optional dive not already used - same choices as dive #2

DIVING ENTRY FEES - \$15 per diver - Make a separate check from the swimming.

DIVE SHEETS:

1. You must use the dive sheet that is provided by the NJPMA.
2. **USE PENCIL, 1 sheet per diver.** I suggest you keep a copy for yourself.
3. **MUST USE DIVE NUMBER WHEN FILLING OUT DIVE SHEETS.**
4. Dives are to be written on dive sheet in the order they are listed above for each age group.
5. Coaches must sign each dive sheet.

REMINDER: NO DIVING UP. May 31st is the birthday cutoff date. Though I will try to check each dive sheet for mistakes, the coach is completely responsible for any errors on the sheet.

Divers entered in the NJPMA Championships must compete in **at least 2 dual meets prior to this event** and must be full family members of the club they are competing for.
See njpma.org for complete list of eligibility rules.

Admission fee of \$3 will be charged to all spectators. Divers and coaches will not be charged.
***PLEASE NOTIFY THE PARENTS OF YOUR DIVERS SO THEY ARE AWARE**

In the event of rain or pool closures, we will attempt to complete the affected dive group on the next day or the rain date.

***ALL teams MUST have a coach, pool representative, or responsible parent with the divers at the Championship Meet!**

Put the eligibility affidavit, all dive sheets, entry fees, and release forms in a separate envelope from the swimming entries and hand in Lisa Adamek at Pascack Valley Swim Club (Westwood). Entries must be submitted Pascack Valley Swim Club must arrive before 3pm on Thursday, July 27th.

Each diver must submit the event release waiver form with their dive sheet.

Entry fees of \$15/diver must be submitted with registration.
***Checks should be made out to: NJPMA**