



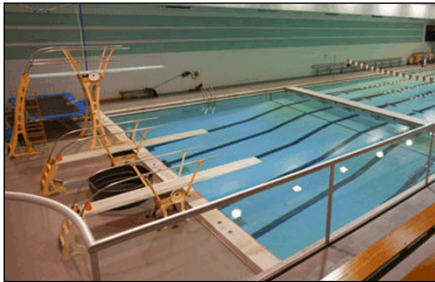
**2008 Winter Blahs meet**  
**Sunday, February 8, 2009**  
**Sanction #TBA**

**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 February 4<sup>th</sup> 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) <b>9 &amp; U and 10-11</b> One meter | A2) <b>12-13</b> three meter               |
| A3) <b>12-13</b> one meter               | A4) <b>9 &amp; U and 10-11</b> three meter |

**Dive Sheet:** If possible please return entry with your dives. You will be able to change dives at the meet.

Awards: Junior → Top 6 places (1-3 medals 4-6 custom ribbons)  
Novice → Top 6 places (Custom Ribbons)

Directions: [www.centralmassdiving.com/directions.htm](http://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 <sup>st</sup> of the year of competition	11 years or younger on December 31 <sup>st</sup> of the year of the competition.	12 or 13 years on December 31 <sup>st</sup> of the year of the competition.	14 or 15 on December 31 <sup>st</sup> of the year of the competition	16 or 18 on December 31 <sup>st</sup> of the year of competition
	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Girls</b>	<b>Girls</b>	<b>Girls</b>
	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>
<b>Total amount of Dives</b>	4 dives	5 dives	7 dives	8 dives	9 dives
<b>Voluntary dives</b>	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
<b>Max DD</b>	5.4 1m	5.4 1m	9.0 1m	9.0 1m	9.0 1m
<b>Max DD</b>	5.4 3m	5.4 3m	9.5 3m	9.5 3m	9.5 3m
<b>Optional Dives</b>	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
<b>DDs</b>	Without DD limit	Without DD Limit	Without DD Limit	Without DD limit	Without DD limit
			<b>Boys</b>	<b>Boys</b>	<b>Boys</b>
<b>Total amount of Dives</b>			8 dives	9 dives	10 dives
<b>Voluntary dives</b>			5 dives from different groups	5 dives from different groups	5 dives from different groups
<b>Max DD</b>			9.0 1m	9.0 1m	9.0 1m
<b>Max DD</b>			9.5 3m	9.5 3m	9.5 3m
<b>Optional Dives</b>			3 dives from different groups	4 dives from different groups	5 dives from different groups
<b>DDs</b>			Without DD Limit	Without DD limit	Without DD Limit
	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>
<b>Novice</b>	<b>9 &amp; Under</b>	<b>10-11</b>	<b>12-13</b>	<b>14-15</b>	<b>16-18</b>
<b>Amount of Dives</b>	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
<b>Voluntary Dives</b>	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
<b>Optional Dives</b>	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 Winter Blahs Diving meet to be held at the College of the Holy Cross on February 8<sup>th</sup> 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

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

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.

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 sheets 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](mailto: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		

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 Cut dotted line and return top portion with your registration.

Requirements for Nationals 2008	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