

CENTRAL LEAGUE SWIMMING AND DIVING



2023 DIVING CHAMPIONSHIPS

WEDNESDAY, FEBRUARY 8, 2023

RIDLEY HIGH SCHOOL

MEET SCHEDULE

WEDNESDAY, FEBRUARY 8, 2023

SESSION 1: GIRLS

2:30 PM // Warm-Up

3:30 PM // Competition Start Time

WEDNESDAY, FEBRUARY 8, 2023

SESSION 2: BOYS

6:00 PM // Warm-Up

6:30 PM // Competition Start Time

ENTRIES GUIDELINES

- To compete in the Central League Diving Championships, a diver must be able to perform five (5) voluntary dives and six (6) optional dives. (See NFHS Rule 9, Section 4). Please pay close attention to Article 1, Sections A, B, C, D, and the Note when completing diving entries.
- To qualify, a diver must have equaled or bettered one of the following point totals in a single meet:
 - Score 150 points for a 6-dive meet
 - Score 240 points for an 11-dive meet
- Schools that do not have any divers who meet the score requirements are entitled to one (1) entry

ENTRY PROCEDURES

Coaches should complete an 11-dive entry sheet composed of five (5) voluntary dives and six (6) optional dives. The form is attached in this packet, and you can also download it from the CL Website.

- The five voluntary dives shall come from each of the five groups, with their assigned DD having a sum of 9.0 or less.
- The six optional dives shall include at least one chosen from each of the five groups. Only one optional dive from the same group is permitted through semifinals.
- All five groups must be represented through the semifinals (the first eight rounds)
- Coach and diver must sign the entry sheet
- Coaches must bring the eleven-dive entry sheet for the championships and a dive sheet signed from a league dual meet proving the 150-point (or 240-point for 11 dives) qualifying score to the meet.
- Dave Lewis will be checking the diving entries upon arrival to the Diving Championships on 2/8
- **Coaches need to email Kevin Pierce (kevpierce@gmail.com) the names of all divers that will be competing in the CL Diving Championship Meet. You need to email him by Saturday, January 28, 2023.**
- Please refer to the attached guidelines for creating an 11-Dive meet program

Entry Deadline: Saturday, January 28, 2023 [10:00 PM]

SENIOR INFORMATION

Please submit an index card with information (diving accomplishments, college destination) for each of your seniors to Kevin Pierce at the invitational.



BUILDING AN 11-DIVE MEET FOR A HIGH SCHOOL DIVER

Follow these Rules and Examples step by step, to help you build your 11-Dive High School List

CHAMPIONSHIP MEETS

Invitational Meets & Central League Championships follow this format

- 11 dives: 5 voluntary and 6 optional
- **RULE:** The 5 voluntary dives shall come from each of the five groups, with their assigned DD and have a sum of 9.0 or less
 - EXAMPLE: Front, Back, Reverse, Inward, Twisting
- **RULE:** The 6 optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through the first eight rounds
 - EXAMPLE: front, back, reverse, inward, twisting + 1 more from any of those groups will be performed in round 9, 10 or 11

Use the table below to help build your 11-dive program:

VOLUNTARY DIVES				OPTIONAL DIVES			
GROUP	DIVE #	POS	DD	GROUP	DIVE #	POS	DD
Front				Front			
Back				Back			
Reverse				Reverse			
Inward				Inward			
Twist				Twist			
			DD ≤ 9.0	Any			

- **RULE:** All five groups must be represented in the first eight rounds.
 - EXAMPLE: HIGHLIGHT 4 of your voluntaries and 4 of your optionals. Make sure all groups – front, back, reverse, inward and twisting – are represented at least once in those eight choices.
- **RULE:** In the first 5 rounds, 2 dives must be voluntary and 3 must be optional
 - EXAMPLE: Of the dives you highlighted, choose two of the voluntaries and three of the optionals to fill in your first five rounds. It's a good idea to make these five dives your strongest ones that you think you'll score high on, since some meets make cuts after 5 rounds.
- **RULE:** In round 6 through 8, 2 dives must be voluntary and 1 must be optional
 - EXAMPLE: Use the last 2 voluntaries and 1 optional you highlighted to fill in round 6,7,8.
- **RULE:** In rounds 9 through 11, 1 dive must be voluntary and 2 must be optional
 - EXAMPLE: You should have one un-highlighted voluntary and two un-highlighted optionals left on your list. Use those to fill in round 9, 10, 11.