

# YMCA

## SWIMMING & DIVING



## *Dive Meet Handbook*

National YMCA Diving Championship

April 6 - 7, 2009

Fort Lauderdale Aquatic Complex  
Ft. Lauderdale, Florida  
954-828-4580

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

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## Meet Director

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Gary Cox- [gcox@ymcamke.org](mailto:gcox@ymcamke.org)  
Facilities – Laura Voet

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## Eligibility of Associations

- A. In order for an Association to participate in the National Championships, it must be a certified YMCA and be in good standing with its own State / Cluster / Field Committee / Individual administering the YMCA Sports Program.
- B. Each Association (Branch) may hold only one USA-D or AAU Certificate of Insurance. An Association (Branch) may not be part of more than one USA-D or AAU Certificate of Insurance (Can't be comprised of divers of more than one USA-D or AAU team). Associations MUST have their official YMCA name as listed in the YMCA directory on their USA-D or AAU Certificate of Insurance.
- C. If an Association does not sponsor a diving team, an eligible athlete from the Association may participate in the National Meet representing their own YMCA, provided the entry is approved by the YMCA of the USA Competitive Diving Advisory Committee.
- D. Each Association must be in good standing as a member of the YMCA of the U.S.A.

## Eligibility of Individuals

In order to be eligible to participate in the National YMCA Diving Championships a contestant must:

1. Be a member of a local YMCA and must have a full privilege Annual membership for a minimum of ninety days prior to the first day of the National Championships (January 5, 2009).
2. Must be at least 12 years of age and not over 21 on December 31<sup>st</sup>, 2009.
3. Any student who represents or has at any time represented an educational institution beyond Grade 12 in competitive dive or diving shall be ineligible to participate in the National YMCA Short Course Dive & Diving Championship Meet.
4. The following qualifications must be met by all divers entering the Championships. These minimum DD requirements and minimum scores may be achieved in YMCA, High School, USA Diving, or AAU competition:

<b>REQUIREMENTS FOR ONE METER</b>				
<b>EVENT</b>	<b>VOLUNTARIES MAX DD</b>	<b>OPTIONALS</b>	<b>MINIMUM DD</b>	<b>MINIMUM SCORE</b>
<b>Boys 16 – 18</b>	5 vols. 9.0	5	8.5	132.00
<b>Boys 12 – 15</b>	5 vols. 9.0	4	6.8	102.00
<b>Girls 16 – 18</b>	5 vols. 9.0	4	6.8	102.00
<b>Girls 12 – 15</b>	5 vols. 9.0	3	5.2	78.00

<b>REQUIREMENTS FOR THREE METER</b>				
<b>EVENT</b>	<b>VOLUNTARIES MAX DD</b>	<b>OPTIONALS</b>	<b>MINIMUM DD</b>	<b>MINIMUM SCORE</b>
<b>Boys 16 – 18</b>	5 vols. 9.5	5	9.4	141.00
<b>Boys 12 – 15</b>	5 vols. 9.5	4	7.4	111.00
<b>Girls 16 – 18</b>	5 vols. 9.5	4	7.4	111.00
<b>Girls 12 – 15</b>	5 vols. 9.5	3	5.5	82.50

The 2008 - 2009 USA Diving (FINA) Junior rules, as amended, will be followed for the 2009 YMCA National Diving Championships. The Boys and Girls 12-15 age group events will utilize the 14-15 rules and the Boys and Girls 16-21 will utilize the 16-18 rules. Please consult USA Diving's web site for details: [www.usadiving.org](http://www.usadiving.org).

All divers must show proof of the minimum Degree of Difficulty and the minimum score for the number of optional dives shown in the previous tables. Diving sheets are to be brought to the meet (not sent with entry) and must be checked during registration. These dives are limited to two sheets for each event. The dives MUST be circled and each sheet signed by the meet referee. Divers must have achieved these qualifying standards between March 1, 2008, and March 21, 2009, or competed in the same age group at the previous National YMCA Short Course Diving Championships. If the diver competed in only one event then they must show proof of performance for the other event. The minimum Degree of Difficulty is **required** for **all diving events** at the National YMCA Championships.

## ENTRY INFORMATION

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### Official Entry

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All entries must be made through the ONLINE ENTRY system. Online Entry will only be available at [divemeets.com](http://divemeets.com)

### Entry Deadline and Procedure

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**Entries are due on Monday, March 23rd, 2009. Online meet entry is REQUIRED.**

The new meet entry online form can be found at [Divemeets.com](http://Divemeets.com)

Go to [www.ymcadiveanddiving.org/2009sc.htm](http://www.ymcadiveanddiving.org/2009sc.htm) to get forms.

Form Produced during Online Entry	What to do with this form after Online Registration	Fax back to <b>1-866-633-8996</b> by March 23, 2007	Bring to Registration	Notes
Certification, Eligibility & Release Declaration	This must be printed and signed by your YMCA's Executive Director, Membership Director and Head Coach.	Yes	Yes	
Individual Entry Certification	This will print with each of your entered athletes names listed. Each athlete must read and sign this form.	Yes	Yes	
Entry Fees Summary	This will list all of the fees that are due for your team to be able to compete in the meet.	No	Yes	<b>VERY IMPORTANT:</b> You must bring this form, with a check for the exact amount specified (made payable to YMCA of the USA – 2007 Short Course), to <b>Meet Registration</b> . Teams that do not bring this form and check will not be allowed to

				participate in the meet.
Coaches Authorization	Must be signed by the local coach, local YMCA Executive, and representing coach	Yes	Yes	This form will only be printed IF you indicate during Online Entry that athletes will be represented by a different coach.
Parent's Consent and Waiver	Must have a copy for each athlete attending the meet that has been signed by his/her parent/guardian	No	Yes	This form will be required at registration for athlete check-in.

Meet entry will close at midnight EST on Wednesday, March 25th, 2009. Absolutely NO entry will be accepted after March 25th. Also, no mail, fax or email entries will be accepted. You must follow the new entry procedures above.

### Coaches Fees

Each coach must pay a deck fee of \$20.00 to receive credentials. Note: Those listed as coaches must be at least 18 years of age and have the required certifications (current through the last day of the meet) as specified in the previous Eligibility section to be on deck. Number of coaches permitted per team is as follows: # of Divers:

- 1-10 ..... 2 coaches
- 11-20 ..... 4 coaches
- 21-25 ..... 5 coaches
- 26 & more..... 7 coaches

All fees must be paid by check at meet registration. Make checks payable to: YMCA of the USA-2009 Short Course. ***Check the website after the first of the year for the possibility of paying fees with a credit card.***

### REGISTRATION

#### Registration Procedure

Registration will take place at the ISHOF (International Swimming Hall of Fame). This registration process is for every athlete, coach and official. Registration for coaches and officials will be located in the ISHOF Auditorium. Coaches' packets will contain meet information and credentials. Contestants will receive their athlete bag tag from their coach. They may pick up their athlete bags in the vendor village.

Registration will be open as follows:

- Saturday, April 4th                    11:00 AM – 4:00 PM
- Sunday, April 5                        ISHOF Pool deck

Coaches' packets will be available for the Head Coach listed on the official entry blank. This individual shall be the DESIGNATED head coach attending the meet. Any exception must be requested in writing (Coaches Authorization Form). All coaches must have photo ID and their certifications to obtain their packet which contains credentials for admission to the pool deck. All certifications must be current originals.

## Insurance

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Each team that participates in the meet must have a current and correct Certificate of Liability Insurance on file with the YMCA of the USA. Once this form has been submitted to the YMCA of the USA, it should serve to cover all YMCA of the USA sponsored events through the expiration date indicated on the certificate. In other words, a certificate filed prior to the Short Course Championship

You must have submitted a valid certificate to the YMCA of the USA by Noon (EST) on Thursday, March 26th to be able to compete in the meet.

Emails of certificates will be accepted from the Insurance Broker only. Emails may be sent to [joanne.wehrly@ymca.net](mailto:joanne.wehrly@ymca.net).

## Proof of Performance

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Bring all proof of performance sheets (dive sheets) with you to registration. All diving coaches must show proof of Degree of Difficulty and total points for optional dives for one meter and three meter at the registration area

**All new coaches** (not just new teams) will meet with the meet director to go over meet procedures and answer any questions he/she may have in regards to the national meet.

## COMPETITION

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### Order of Events

*Monday, April 6th                      Men's 1 Meter followed by Women's 3 Meter*

*Tuesday, April 7th                    Women's 1 Meter followed by Men's 3 Meter*

### Event Entry Procedure

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The USA Diving procedure for dropping dive sheets will be used.

1. Dive sheets for Monday's events (Men's One Meter) must be dropped by the end of the coaches meeting on Sunday.
2. Dive sheets for all other days must be dropped by noon on the day prior to the event.
3. Dive sheets not dropped by the above stated deadlines are late but will be accepted up to three hours before the start of the event as long as it is accompanied by a fifteen dollars (\$15.00) late fee.
4. The Drop Box will be available at the coaches meeting on Sunday, April 5th. Thereafter the Drop Box will be located on the dive scratch table located near the entrance to the diving office.

All divers must turn in their diving sheets to the Drop Box by the deadline listed below.

Men's 1 Meter & Women's 3 Meter – Sunday at the Coaches Meeting

Women's 1 Meter & Men's 3 Meter – Monday, 12:00 noon

NOTE: Once the deadline has passed for dropping the dive sheets no changes can be made except that three hours or more prior to the start of the event a diver may make a change as long as it is accompanied by a fifteen dollars (\$15.00) late fee.

## Unofficial Psyche Sheets (Divers Entered in the Meet)

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Will be available on the website at

[Divemeets.com](http://Divemeets.com)

## Final Results

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Daily results will be posted throughout the facility. Results will be available on the website at [www.ymcadiveanddiving.org](http://www.ymcadiveanddiving.org). & Divemeets.com

## Scoring

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Scoring will be as follows: 20 – 17 – 16 – 15 – 14 – 13 – 12 – 11 – 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1.

### ADMISSIONS

Ticket Information

Individual tickets

- Prelims/Finals Day One- \$7.00 each
- Prelims/Finals Day Two - \$7.00 each

Children 11 years & younger

- \$3.00 per session

Ticket Sales Schedule:

**Sunday, April 5th, 11:00 PM –8:00 PM** (during Meet Registration) Tickets will be sold and advanced tickets may be picked up at the entrance to the museum at ISHOF (International Swimming Hall of Fame).

**Monday – Tuesday, April 6th – 7th 7:00 AM – 11:00 AM**

Ticket and Heat Sheets will be sold at the Pool Complex

Media

Accreditation for press and television must be secured from the Meet Director.

Coaches

Coaches credentials (issued at registration) must be displayed at all times. Lost credentials will be replaced for a charge of \$5.00.

### Contestants

Swimmers and divers will be admitted to the pool area by bag tag that will be issued at time of registration. These bags tags must be displayed for admission to the pool deck. Lost bag tags will be replaced for a fee of \$5.00. The athlete must be accompanied by the coach

## AWARDS

### Event Awards

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Medals will be awarded to the winners of the first eight places in each event. Ribbons will be awarded for ninth through sixteenth places. Plaques will be awarded to the three high point scoring teams for both men and women. A combined point award will be given to the team combining the highest total number of points from both men's and women's events.

### Diving Award Presentation

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Diving awards will be presented each evening. They will be presented following the final of the evening's first dive event.

## Award Presentation Protocol

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All award winners MUST wear apparel that is appropriate and acceptable to the Championship Meet Committee. You MUST wear a tee-shirt or jacket (team warm-up jacket is preferable) on the award stand. No caps or towels are permitted on the awards stand. IF YOU DO NOT FOLLOW THESE RULES, YOU WILL NOT BE PERMITTED ON THE AWARD STAND OR RECEIVE YOUR AWARDS. The team awards will be presented on the last evening after the Women's One Meter awards

## Housing

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Coaches and parents should contact hotels directly. A list of hotels is available on [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org).

## COACH'S CHECK LIST

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### Meet Entry

- Have you completed your ONLINE registration? Including printing the signature and Entry Fee form?
- Have you obtained all proper signatures on the forms?
- Have you faxed the signature forms?
- Does your team have adequate insurance? And did you send your Certificate of Insurance to YMCA of the USA?

### Pre-Meet

- Bring all Parents Consent and Liability Waiver forms
- Bring all YOUR certifications (current through the meet) & a photo I.D.
- Do you have proof of performance for each entry?
- Do you have a contract with your athletes as to their expected behavior?
- Are your athletes familiar with the YMCA four core values – Honesty, Responsibility, Caring and Respect?
- Did you obtain permission for emergency medical care?

(List items below you wish to remind yourself)

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