

2015 YMCA NATIONAL DIVING CHAMPIONSHIPS

- DATE:** May 15 – 17, 2015
- SITE:** YMCA of Central Florida Aquatic Center
Orlando, Florida
- FACILITY:** 1-1 ½ meter springboard, 5 - One meter and , 5 – Three meter springboards. 1, 3, 5, 7 1/2, 10 Meter Platforms with Ruff-Tex surface.
- HOST:** YMCA of the USA
- MEET DIRECTOR:** Gary Cox
E-mail gcdivecoach@aol.com
W144 N4966 Stone Dr
Menomonee Falls WI, 53051
414-350-4084
- SANCTION:** YMCA of the USA
- RULES:** FINA/USA Diving Rules: The 2014 - 2015 USA Diving Junior rules, as amended, will be followed for the 2015 YMCA National Diving Championships. Boys and Girls 16-21 will utilize the 16-18 rules. Please consult USA Diving's web site for details: www.usadiving.org.
- AWARDS:** Medals 1st through 8th
Team awards – Men's and Women's 1st and 2nd with 1st place combined
- ENTRY FEE:** \$30 per event before May 11th, \$40 late fee after and on-line entries close on **May 12th @ 9:00am** eastern time.
Enter with Divemeets.com (If participants are new to YMCA, their divemeets account must be updated to add YMCA).
COACHES MUST ENTER ON DIVEMEETS
- COACHES MEETING:** Thursday, May 14th at the pool. 4:30pm
- PRACTICE:** Thursday, May 14th Open Warm-up 9:00am – 7:00pm
Friday – Sunday May 15 - 17
Times will be drawn for flighted workouts at coaches meeting.
Boards will close @ 8:30 for the 1st event only, the 1st event starting @ 9am
- Facility will be open for 2 hours after the completion of the day's events for open workout.**

ORDER OF EVENTS:

Friday, May 15

- 1) Boys 11 & Under, 12-13 - 1 Meter
- 2) Boys 14 – 15 & 16 – 21 - 1 Meter
- 3) Girls 11 & Under, 12-13 - 3 Meter
- 4) Girls 14 – 15 - 3 Meter
- 5) Girls 16 – 21 - 3 Meter

Saturday, May 17

- 6) Girls Platform (**combined** Finals Only)
- 7) Boy's Platform (**combined** Finals Only)

We will run individual events if numbers warrant

Sunday, May 18

- 8) Girls 11 & Under, 12-13 - 1 Meter
- 9) Girls 14 – 15 - 1 Meter
- 10) Girls 16 – 21 - 1 Meter
- 11) Boys 11 & Under, 12-13 - 3 Meter
- 12) Boys 14 – 14, 16 – 21 - 3 Meter

Springboard events will run simultaneous, including finals.

Stated age groups will be combined unless numbers warrant separate events.

Prelims will consist of divers perform a full list with the top 8 moving on to finals consisting of optionals only (voluntary scores will carry over). There will be a 20 minute break (or as soon as divers are ready) between prelims and finals.

There will be a 30 minute warm up between springboard events and a 1 hour warm up between girls and boys platform events (or sooner if divers are ready).

For complete information go to: <http://www.ymcaswimminganddiving.org/>

And click on 2015 Diving Nationals