

2017 YMCA NATIONAL DIVING CHAMPIONSHIPS

DATE: March 30 –April 1st, 2017

SITE: Ft Lauderdale ISHOF Aquatic Complex, Ft Lauderdale, Florida

FACILITY: 2 - One meter and, 2 – Three meter springboards. 1, 5, 7 1/2, 10
Meter Platforms with Ruff-Tex surface.

HOST: YMCA of the USA

MEET DIRECTOR: Gary Cox
E-mail gcdivcoach@aol.com
W144 N4966 Stone Dr
Menomonee Falls WI, 53051
414-350-4084

SANCTION: YMCA of the USA

RULES: FINA/USA Diving Rules: The 2016 - 2017 USA Diving Junior rules, as amended, will be followed for the 2017 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 March 27th, \$40 late fee after the on-line entries close on **March 27th @ 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: Wednesday, March 29th at the pool. 4:30pm

PRACTICE: Wednesday, March 29th - Open Warm-up 9:00am – 7:00pm
Thursday – Saturday March 30 – April 1
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:

Thursday, March 30

- 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

Friday, March 31

- 6) Girls 11 & Under, 12-13 1 Meter
- 7) Boys 11 & Under, 12-13 3 Meter
- 8) Girls & Boys 14-15 Platform (finals Only)
- 9) Girls & Boy's 16-18 Platform (Finals Only)

We will run individual events if numbers warrant

Saturday, April 1

- 10) Girls & Boys 11 & Under, 12-13 - Platform (Finals Only)
- 11) Girls 14 - 15 - 1 Meter
- 12) Girls 16 - 21 - 1 Meter
- 13) 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://ymca.ymcaswimminganddiving.org>
And click on 2017 Diving Nationals**