

## 2013 YMCA NATIONAL DIVING CHAMPIONSHIPS

- DATE:** April 26 – 28, 2013
- SITE:** Ft. Lauderdale International Hall of Fame  
Ft. Lauderdale, Florida
- FACILITY:** 2 - One Meter Model B on short stands, 2 – Three Meter Model B on short stands. 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](mailto: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 2012 - 2013 USA Diving Junior rules, as amended, will be followed for the 2013 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](http://www.usadiving.org).
- AWARDS:** Medals 1<sup>st</sup> through 8<sup>th</sup>  
Team awards – Men's and Women's 1<sup>st</sup> and 2<sup>nd</sup> with 1<sup>st</sup> place combined
- ENTRY FEE:** \$20 per event before April 22nd, \$30 late fee after and on-line entries close on April 24th @ 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, April 25<sup>th</sup> at the pool. 4:30pm
- PRACTICE:** Thursday, April 25th  
Open Warm-up 9:00am – 7:00pm  
Friday – Sunday April 26 – 28  
Times will be drawn for flighted workouts at coaches meeting.  
Boards will close @ 8:30 for the 1<sup>st</sup> event only, the 1<sup>st</sup> 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, April 26

- 1) Boys 1 Meter (12-13 & 14-15)
- 2) Boys 16 – 21 1 Meter
- 3) Girls 3 Meter (12-13 & 14-15)
- 4) Girls 16 – 21 3 Meter

Saturday, April 27

- 5) Girls Platform (**combined** Finals Only)
- 6) Men's Platform (**combined** Finals Only)
- 7) Women's Syncro 3 Meter (Exhibition & Finals Only}
- 8) Men's Syncro 3 Meter (Exhibition & Finals Only}

Sunday, April 28

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

**Springboard preliminary events will run simultaneous with separate finals.**

12-13 and 14 - 15 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 1 hour warm up between Boys and Girls events (or when divers are ready).

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

**And click on 2013 Diving Nationals**