

2018 YMCA NATIONAL DIVING CHAMPIONSHIPS

- DATE:** April 19 – April 22, 2018
- 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 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 2018 USA Diving Junior rules, as amended, will be followed for the 2016 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:** \$35 per event before April 13th, \$50 late fee after and on-line entries close on **April 15th @ 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 April 18th at the pool. 4:30pm
- PRACTICE:** Wednesday, April 18 Open Warm-up 9:00am – 7:00pm
Thursday – Sunday April 19 - 22
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, April 19

- 1) 14-15 Boys 1M; Girls 3M Prelims
14-15 Boys 1M; Girls 3M FINAL
- 2) 16-21 Boys 1M; Girls 3M Prelims
16-21 Boys 1M; Girls 3M FINAL

Friday, April 20

- 3) 11 & Under & 12-13 Boys and Girls Platform FINAL ONLY
14-15 Boys 3m Prelims
14-15 Boys 3M FINAL
- 4) 14-15 Girls 1M; 16-21 Boys 3M Prelims
14-15 Girls 1M; 16-21 Boys 3M FINAL
- 5) 16-21 Girls 1M Prelims (split boards format if needed}
16-21 Girls 1M FINAL

Saturday April 21

- 6) 11 & Under & 12-13 Girls 1M; Boys 3M Prelims
11 & Under Girls 1M; Boys 3M FINAL
- (7) 14-15 Girls & Boys Platform FINAL ONLY

We will run separate events if numbers warrant

Sunday April 22

- 8) 11 & Under & 12-13 Girls 3M; Boys 1M Prelims
11 & Under & 12-13 Girls 3m; Boys 1M FINAL
- 9) 16-21 Girls Platform FINALS ONLY
- 10) 16-21 Boys Platform FINALS ONLY

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 2018 Diving Nationals