



“CMD Spring Invitational” Saturday, APRIL 1st, 2023

Sanction: TBA



- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.

Director:

[Wil Aybar](#)

wil@centralmassdiving.com

Send Entries and payment to:

<https://scoresandmore.live/> or DIVElive app

****IF NOT PAID ONLINE LATE FEE WILL APPLY****

Meet Site:

Luth Complex/Hart Recreation Center
Holy Cross, 1 College Street
Worcester, MA 01610

Fees:

\$50.00 entry fee per event via:

<https://scoresandmore.live/> or DIVElive app

Deck & late entries \$20 fee.. after March 29th,

Please make note no refunds.

****Food may be sold on site if not, vending machine available in hallways leading up to the pool but would suggest to bring your own snacks just in case.**

Register for meet online at

<https://scoresandmore.live/> or divelive app This will act as your waiver/signature which means no need to fill out attached wavier form. The form is attached just for reading purpose.

Facility: A separate diving well contains two one-meter boards and one three-meter board. All three boards are Duraflex, wafer diving boards. Pool Depth 13' 6"



Warm-ups: 30 minutes before each event.

Warm –up for all 13 and under, not before 11:30am (may start later)

Practice Times: Saturday APRIL 1st

14 and over: Open 7:00-8:00. Event Only 8:00-8:30 First event 8:30

13 and under: Open for 45 mins- 1hr after conclusion of 14& over events.

Event Schedule: First Event 8:30 am.

Novice events will be run with the Junior events

Event 1) 16-18 Boy and Girls 1M & 14-15 Boy and Girls 3M

Event 2) 14-15 Boy and Girls 1M & 16-18 Boy and Girls 3M

Warm –up for all 13 and under not before 11:30am (may start later)

Novice events will be run with the Junior events

Event 3) **9 & U and 10-11 Boys & Girls** 1M & **12-13 Boys & Girls** 3M

Event 4) **12-13 Boys & Girls** 1M & **9 & U and 10-11 Boys & Girls** 3M

Awards: Junior Top 6 places (1-3 CUSTOM medals double sided 4-6 custom ribbons)

Novice Top 6 places (Custom Ribbons)

*** Estimated **Timeline** will be posted on [DiveLive app](#) on [Meet details page in the schedule](#) as well as Centralmassdiving.com by Wednesday Night March 29th, 2023



Rules

J.O. & Novice REQUIREMENTS *

Age groups	9 & Under	11 & Under	12-13	14-15	16-18
	FINA Group E	FINA Group D	FINA Group C	FINA Group B	FINA Group A
	9 years or younger on December 31 st of the year of competition	11 years or younger on December 31 st of the year of the competition.	12 or 13 years on December 31 st of the year of the competition.	14 or 15 on December 31 st of the year of the competition	16 or 18 on December 31 st of the year of competition
	Boys and Girls	Boys and Girls	Girls	Girls	Girls
	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter
Total amount of Dives	4 dives	5 dives	7 dives	8 dives	9 dives
Voluntary dives	3 dives from different groups	3 dives from different groups	5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD	5.4 1m	5.4 1m	9.0 1m	9.0 1m	9.0 1m
Max DD	5.4 3m	5.4 3m	9.5 3m	9.5 3m	9.5 3m
Optional Dives	1 dives from different groups	2 dives from different groups	2 dives from different groups	3 dives from different groups	4 dives from different groups
DDs	Without DD limit	Without DD Limit	Without DD Limit	Without DD limit	Without DD limit
			Boys	Boys	Boys
Total amount of Dives			8 dives	9 dives	10 dives
Voluntary dives			5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD			9.0 1m	9.0 1m	9.0 1m
Max DD			9.5 3m	9.5 3m	9.5 3m
Optional Dives			3 dives from different groups	4 dives from different groups	5 dives from different groups
DDs			Without DD Limit	Without DD limit	Without DD Limit
	Boys and Girls	Boys and Girls	Boys and Girls	Boys and Girls	Boys and Girls
Novice	9 & Under	10-11	12-13	14-15	16-18
Amount of Dives	5 dives	5 dives 1M 6 dives 3M	6 dives 1M 7 dives 3M 100 & 200 Front and Back Jump. A, B or C,	7 dives 1M 8 dives 3M 100 & 200 Front and Back Jump. A, B or C,	7 dives 1M 8 dives 3M 100 & 200 Front and Back Jump. A, B or C,
Voluntary Dives	100 & 200 Front and Back Jump. A, B or C	100 & 200 Front and Back Jump. A, B or C *On 3M add front line up(001B)	*On 3M add front line up (001B) Include 101(A-C) on 1M and 3M.	*On 3M add front lineup (001B) 5 opts from 3 groups	*On 3M add Front lineup (001B) 5 opts from 3 groups
Optional Dives	3 dives from 2 different groups	3 dives from 2 different groups	3 dives opts from different groups	A group can not be used more than twice in opts 5 dives from 3 groups	A group can not be used more than twice in opts 5 dives from 3 groups

COLLEGE OF THE HOLY CROSS RELEASE

***** (NO NEED TO FILL THIS RELEASE FORM AS DIVE LIVE APP WILL SERVE AS SIGNATURE) *****

A
I, _____, for my heirs, assigns, executors, and administrators, in
(PARTICIPANT)

consideration of the College of the Holy Cross permitting me to use certain facilities and property in order to participate in the AAU 18th annual **CMD Spring Invitational Diving meet** to be held at the College of the Holy Cross on **April 1st 2023**, hereby release and discharge the College of the Holy Cross, its corporators, trustees, officers, faculty, students, employees, and agents of and from all claims, demands, actions and causes of action of every nature, including, but not limited to, all losses or expenses (including but not limited to physical injury, loss of property or death) which may arise and relate in any way to my activities while taking part in said meet.

Further, I _____, for my heirs, assigns, executors, and administrators, agree to indemnify and hold the College of the Holy Cross, its corporators, trustees, officers, faculty, students, employees and agents harmless from and against any and all liabilities, claims, actions cost and expenses in any way relating to or arising out of my activities while in said meet.

I, _____, also warrant the College of the Holy Cross that I take full responsibility for all actions and activities of any person or persons whom I bring onto or cause to be admitted to the College of the Holy Cross's property while taking part in said meet.

This instrument is executed under said seal:

_____ Date ___/___/___
Participant (SIGN)

Agreed to on behalf of participant:

_____ Date ___/___/___
Parent or guardian sign if participant is under 18 years of age

B AAU DIVING RELEASE

In consideration of your acceptance of this application, I hereby, for all heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have against Amateur Athletic Union Diving, Central Mass Diving, College of the Holy Cross, their agents, representatives, successors or assignees for any and all injuries to me at said meet and premises.

_____/_____/_____
Name of Participant, Signature of Parent or Guardian Date ___/___/___

C ENTRY FORM

Name _____ Age Group _____ Sex _____

Address _____ Phone () _____

Town _____ State _____ ZIP _____ e-mail: _____

Date of Birth _____ AAU Registration # _____
(mandatory)

Club _____ Coach _____

Events (#s) _____ x \$50.00 per event = \$ _____ total enclosed.

All 3 sections (A, B & C) of this form MUST be completed before getting on the boards. Since you will be registering via [Dive live app](#) there is no need to mail this in. Your registering via [DIVE LIVE app](#) acts as your signature of above release form. Please direct any questions to Wil Aybar at (774) 535-4172 or email.

	Requirements for Nationals 2023	1 Meter	3 Meter
	Group D 10-11 Boys FINA Meet (5 Dives)	120	125
	Group D 10-11 Girls FINA Meet (5 Dives)	130	140
	Group C 12-13 Boys FINA Meet (8 Dives)	210	225
	Group C 12-13 Girls FINA Meet (7 Dives)	205	210
	Group B 14-15 Boys FINA Meet (9 Dives)	250	270
	Group B 14-15 Girls FINA Meet (8 Dives)	250	260
	Group A 16-18 Boys FINA Meet (10 Dives)	365	395
	Group A 16-18 Girls FINA Meet (9 Dives)	305	315