

The Optimist Club of Coronado Sports Fiesta

RICH MC CAMPBELL MEMORIAL

AGE GROUP AND SYNCHRONIZED OPEN DIVING INVITATIONAL

One meter Springboard Diving, Sunday 26 July, 2009. 9:00 a.m.

Schedule of Events and Diving Requirements:

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| 1. 16 & Over Boys | 5 vols. 5 opts |
| 2. 9 & Under Boys and Girls | 3 vols. 1 opt |
| 3. 12-13 Boys & Girls | 5 vols. 2 opts |
| 4. 16 & Over Girls | 5 vols. 4 opts |
| 5. 10-11 Boys & Girls | 3 vols. 2 opts |
| 6. 14-15 Boys & Girls | 5 vols. 3 opts |

Synchronized Diving 1 required, 2 opt'l dives (*All AG's, Boys &/or Girls*)
D.D. choices for **both** divers: All Required dives 1.5 D.D.
Mixed Req'd & Opt'l Dives 2.0 D.D.
All Optional Dives 2.5 D.D.

Novice Divers dive with JO divers in respective Age Groups

14-18 Age Groups Front Jump, Back Jump, plus 5 dives from at least 3 different dive groups. Use true DD's for all dives.

9 and Under and 10-11 Age Groups Front Jump, Back Jump, plus 3 dives from at least 2 different dive groups. Use 1.0 DD for all dives.

12-13 Age Group Front Jump, Back Jump, followed by Dive 101 using 1.8 DD plus 3 opt'1 dives from different groups. Use true DD's on opt'1 dives.