

# Aquatics - Diving

**DATE AND TIME:** Saturday, June 26. Warm-ups at 7 a.m. Competition begins at 9 a.m. 1-Meter and 3-Meter events are scheduled to run simultaneously. A projected timeline will be posted at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) 7-10 days before competition.

**SITE:** Woods Memorial Pool, 33rd & J Streets, Lincoln.

Event Name	Event Code	Event Name	Event Code
<u>Male 1-Meter</u>		<u>Female 1-Meter</u>	
10 & Under Novice	1	10 & Under Novice	2
11-12 Novice	3	11-12 Novice	4
12 & Under	5	12 & Under	6
13-14 years	7	13-14 years	8
15-18 years	9	15-18 years	10
Senior	11	Senior	12
Master (19 & Over)	13	Master (19 & Over)	14
<u>Male 3-Meter</u>		<u>Female 3-Meter</u>	
14 & Under	15	14 & Under	16
15-18 years	17	15-18 years	18
Senior	19	Senior	20
Master (19 & Over)	21	Master (19 & Over)	22
<u>Male Platform</u>		<u>Female Platform</u>	
14 & Under	23	14 & Under	24
15-18 years	25	15-18 years	26
Senior	27	Senior	28
Master (19 & Over)	29	Master (19 & Over)	30
<u>Synchronized Diving</u>			
All Ages	31		

**ENTRY FEE:** If entered by May 31, \$25 per diver (*maximum of three events*) plus \$1 per diver for synchronized diving.

**A Diver must be entered in another diving event to be eligible to compete in synchronized diving.** If a competitor wishes to enter one of the four Novice Events (1, 2, 3 or 4) the fee is reduced to \$12. Novice divers are entitled to enter the Synchro Event by paying an additional \$3 either in advance or on deck, but they may not dive in any other event. Novice divers are limited to 1-Meter Novice events and Synchronized. **\$5 late fee if received between June 1 and June 7.** Entry fee includes athlete T-shirt, passes to SportFest and the Opening Ceremonies and a copy of the Nebraska Sports Council Yearbook.

## COMPETITION REQUIREMENTS:

### Springboard Events:

\*10 & Under Novice - 3 Dives: front, back, optional.

\*11-12 Novice: 4 Dives - front, back, inward, optional.

12 & Under: 6 Dives - 4 categories, 2 maximum from any 1 category.

13-14: 7 Dives - 4 categories, 2 maximum from any 1 category.

14 & Under: 7 Dives - 4 categories minimum, 2 maximum from any 1 category.

15-18: 5 voluntary & 5 optional from at least 4 categories.

Senior: 5 voluntary & 5 optional from at least 4 categories.  
Master: 101A, B or C; and 5 dives from at least 4 categories.

#### **Platform Events:**

14 & Under: 4 dives from 3 categories (*restricted to 5-meter and 7-meter platforms*).

15-18: 6 dives from at least 4 categories.

Senior: 10 dives from 6 categories, 2 maximum from any 1 category.

Master: 101A, B or C; and 5 dives from at least 4 categories.

#### **DEFINITIONS:**

**Categories:** The 5 springboard categories of front, back, reverse, inward and twisting, plus the platform category of armstand.

**Voluntary:** 1 dive from each of the five categories with a total degree of difficulty not exceeding 9.5.

**Optionals:** Other dives not already performed on the voluntary list.

**Master diver:** A diver considered to be a Senior diver by age (*19 or older by June 26, 2010*), but who elects to compete under the Master diver rules.

**AGE ADJUSTMENTS:** Degree of Difficulty (*DD*) adjustments will be given as follows to the younger divers in the 14 & Under and 15-18 divisions of both springboard and platform diving.

10 year olds & younger: .3 DD added for each dive.

11 & 12 year olds: .2 DD added for each dive.

15 & 16 year olds: .1 DD added for each dive.

Master divers older than 45: .2 DD added for each optional dive.

**SYNCHRONIZED DIVING:** Declare partner on site, but partner must already be entered in another diving event. No restrictions on partner combinations. DD bonus points will be awarded depending on the combined ages of partners. Partners will perform 5 simultaneous dives in this competition of which the first 2 will be required dives (*101, 201, 301, 401, 511*), followed by 3 optionals. "Required" means both divers do the same required dive. For an optional dive, complementing dives may be performed in unison.

**AWARDS:** Gold, silver and bronze medals will be awarded to the top three finishers in each division, including synchro.

**RULES:** The director reserves the right to combine events depending on the number of entries. Divers must enter the event corresponding to their age as of June 26, 2010. Divers must compete in their age group. Divers in the Novice events will be allowed to pay a reduced fee of \$12, but are restricted to entering the 1-meter novice event based on their age and sex. If a competitor elects to dive ANY event as a Master diver, ALL events entered must be as a Master diver. Novice & Master Divers are eligible to enter the Synchronized Diving event.

#### **PROJECTED SCHEDULE:**

First combined event: males on 1-meter, females on 3-meter

Second event: platform

Third event: novice

Fourth event: males on 3-meter, females on 1-meter

Fifth event: synchronized.

**REGISTER AND WIN BIG!** As if the greatest sports participation experience in Nebraska weren't enough, all registered athletes in the Cornhusker State Games will be entered in the CSG Grand Prize Drawing. The top prize is a free one-year lease on a Mazda 5 from Anderson Auto Group! Second prize is free airfare for two to any Midwest

Airlines destination. To encourage early entry, Borsheim's has donated a diamond and gold pendant valued at \$1,800, which will be awarded to one of the first 5,000 entrants. Those entering multiple sports receive one chance for each sport entered, so enter early and often!

**CHOOSE PACKET SHIPPING:** Packet shipping (\$5 Individual, \$10 Team/Doubles) allows you to receive your shirt(s), yearbook(s), event pass(es) and sponsor gifts more than a week before the Opening Ceremonies. Choosing this option means saving time and avoiding hassles like waiting in line or running across town between games. Those not choosing the shipping option may pick up athlete packets at the following locations/times:

Wednesday, June 16, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 17, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 18, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Saturday-Sunday, June 19-20, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Wednesday, June 23, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 24, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 25, 4 p.m. – 7 p.m. SportFest, 7600 A St.

Saturday-Sunday, June 26-27, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

**NOTE:** Packets will not be available for pick up at the competition site.

**OPENING CEREMONIES/SPORTFEST:** The always popular Opening Ceremonies on Friday, June 25 will again be preceded by SportFest, a party with all the trimmings including inflatable/carnival games, interactive displays, music and free dinner for registered athletes. Find all the details under the Special Events tab at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) for more information.

**FOR FURTHER INFORMATION:** Diving Director Tom Baumann (402) 475-7056.