

# Aquatics – Diving

Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)

## GENERAL INFORMATION

**DATE:** Saturday, July 20, 2019

**TIMES:**

**Warm-ups** - 7 a.m.

**Competition begins** - 9 a.m.

1-Meter and 3-Meter events are scheduled to run simultaneously.

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

**PROJECTED SCHEDULE:**

- 1) Males on 1-meter, Females on 3-meter
- 2) Platform
- 3) Novice
- 4) Males on 3-meter, Females on 1-meter
- 5) Synchronized

**AWARDS:** Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division.

**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 July 20, 2019.

Divers must compete in their age group.

## 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.

**Novice:** Beginner diver with little to no competition experience

**Master diver:** A diver considered to be a Senior diver by age, but who elects to compete under the Master diver rules. If a competitor elects to dive ANY event as a Master diver, ALL events entered must be as a Master diver.

## EVENTS

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

\***Novice:** Beginner diver with little to no competition experience

Sponsored by:



<u>Male 1-Meter</u>		<u>Female 1-Meter</u>	
12 & Under	5	12 & Under	6
13-14 years	7	13-14 years	8
15-18 years	9	15-18 years	10
Senior (19 & Over)	11	Senior (19 & Over)	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 & Over)	19	Senior (19 & Over)	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 (19 & Over)	27	Senior (19 & Over)	28
Master (19 & Over)	29	Master (19 & Over)	30
<u>Synchronized Diving</u>			
All Ages	31		

## COMPETITION REQUIREMENTS

### SPRINGBOARD EVENTS:

- \*10 & Under Novice:** 3 Dives – front dive, back dive, optional.
- \*11-12 Novice:** 4 Dives – front dive, back dive, inward dive, optional.
- 12 & Under:** 6 Dives - 4 categories, 2 maximum from any 1 category.
- 13-14 Years:** 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 Years:** 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.

\*Divers under the age of 12 may enter a Novice 1-Meter event. **Novice divers are limited to the 1-Meter Novice and Synchro events.**

\*\*The only difference between the Senior and the Master Divers is the level of their ability, and those who are 19 or older can choose between diving the competitive list of a Senior, or a more for the joy of diving list of a Master Diver.

### PLATFORM EVENTS:

- 14 & Under:** 4 dives from 3 categories (restricted to 5-meter and 7-meter platforms).
- 15-18 Years:** 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.

### SYNCHRONIZED DIVING:

**A diver must be entered in another Diving event to register for Synchronized Diving.** Divers will declare their partner on site, but partner must already be entered in another diving event. No restrictions on partner combinations.

Partners will perform 5 simultaneous dives in this competition of which the first 2 will be required dives (101, 201, 301, 401, 5111), followed by 3 optional dives. "Required" means both divers do the same required dive. For an optional dive, complementing dives may be performed in unison.

## **JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!**

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

### **SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL**

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

### **OPENING CEREMONIES | 8 P.M. | SEACREST FIELD**

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

## **ATHLETE PACKETS & TEAM BOXES**

### **Choose the Shipping Option and get a Free Arby's Sandwich!**

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

## **REGISTRATION FEES & DEADLINES**

For pricing and dates, please check the Diving web page.

**ENTRY FEE INCLUDES:** Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

**PAPER ENTRY FORMS:** Paper entry forms will be accepted with a \$5 processing fee. Registering online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) saves time, money and trees.

## **FURTHER INFORMATION**

**Sport Specific Questions:** Contact Diving Director Kayla Sellhorn at [kayla.torske@gmail.com](mailto:kayla.torske@gmail.com).

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).