

MISSION VIEJO HIGH SCHOOL

DIVING INVITATIONAL IN MISSION VIEJO

DIVING: CIF SANCTIONED

DATE: April 2nd , 2011 Saturday (Same date/place as MVHS Swimming Invitational)

LOCATION: Mission Viejo Aquatics Center (949) 380-2538; 27474 Casta Del Sol (entrance); Mission Viejo, California

DIRECTIONS: From the San Diego Freeway, head east on ALICIA PARKWAY to MARGUERITE PARKWAY, turn right (south). From Marguerite Parkway turn left (east) on CASTA DEL SOL. The parking lot entrance is on the right.

EVENTS:

GIRLS VARSITY DIVING - 11 Dive Contest

BOYS VARSITY DIVING - 11 Dive Contest

REQUIREMENTS: 11 dives, true DD the 5 required dives must not exceed 9.0 DD

Dive listed in the following order:

2 required dives, 3 optional

2 required dives, 1 optional

1 required, 2 optional

NOTICE: Both girl and boy events may be combined based on the number of entries, so boys, be prepared to come at 8:30.

WARM-UPS:

Open warm-ups: 8:30 - 9:30 AM

Girls Only: 9:30 - 10:00 AM

Girls Varsity 10:00 – 12:00 PM

If not combined events:

Boys Only: 12:00-12:30 P.M. (estimate)

Boys Varsity 12:30 – 2:30 PM (estimate)

Boys event will follow girls event with 30 minute warm-up.

FACILITIES: (2) 1 meter Maxi-flex springboards mounted on concrete standards.

(2) 3 Meter Maxi-flex springboards mounted on concrete standards.

Olympic level facilities and equipment

AWARDS: Medals through 6th place

ENTRY FEE:

\$25.00 for each entry . Please Register at www.divemeets.com The cutoff will be April 1st. at 12:00 P.M PST.

***** Sheets submitted after these cut-off times or sheets with errors are subject to a \$20 late entry fee! This is so the meet can start on schedule.

ENTER ONLINE: Online entry is strongly encouraged .

Otherwise, dive sheets must be turned in printed from {High School Dive Verifier Program} and turned in 2 hours before the event.

Don't wait! High School diving rules are very different from normal USD or AAU rules. Do it beforehand!

Deck entries please make checks payable to MVND (Mission Viejo Nadadores Diving)

All divers must have Certified High School Representative on site to sign in for diver to compete.