

35th Annual AAU Masters Springboard Diving Invitational

Sunday, August 10, 2008 – Noon

Chula Vista Municipal Pool, 1420 Loma Lane, Chula Vista, Ca 91911. (See directions below)

1. MASTERS GOLD CUP - Open to all divers 21 years and older. Warmups from 10:30 to noon. First flight **50 & older** begin at noon, followed by **49 & under**. All dives from one (1) and or three (3) meter cheese springboards in any order. Pool depth 12' 6" deep. AAU age determination, your age as of December 31, 2008. FINA Diving rules prevail.

2. SPECIAL DIVING EXHIBITION to stimulate interest in Masters Diving and to encourage and promote physical fitness and improve our health. This event is open to coed divers, each may do from one to five dives of their choice, with each dive having a D.D. of 1.0. No fee or AAU Dive card is required. Divers dive in their respective age groups in the Gold Cup event.

3. SYNCHRONIZED DIVING –Men and/or women perform dives of their choice on two springboards simultaneously. **50 & older teams:** one voluntary, two optional dives. **21-49:** two voluntary, two optional dives. Average ages to determine teams, and average D.D. of team's dives each round.

Awards to all divers. Hi-Point Dive Award for the male or female diver scoring the highest judges score on a single dive. Awards to top two (2) finishers in Synchronized diving events.

Entree fee is \$20.00. Please make checks payable to **C.V.A.A. Diving Team**, and mail to: Tom Crosby, 2360 Lanao Lane, San Diego, CA 92154 on or before Wednesday, August 6th. Add \$5. for deck entries, unless you call me at home, (619) 423-9215, or e-mail me at dive_hi1@juno.com that you **cannot** get your entry in before you arrive and save \$5 bucks. No fee for the Exhibition event.

Following the meet, we are planning our social get together at Ciao Italian restaurant which is a little over a mile from the pool, next to the I-805 off-ramp. Very good food and reasonable. Map and menu will be furnished at the pool.

Stay tuned to Ted Witte's Masters Diving website <http://www.n2.net/diving> for forms and results.

Directions to pool: South on Interstate 5 to Interstate 805. Continue south on **I-805** past the City of National City to the south end of the City of Chula Vista. Take **E. Orange Avenue exit**, turn right and head west on E. Orange Avenue about one mile. Turn right at the **Loma Lane signal**, which dead-ends at the Chula Vista **Loma Verde Municipal Pool** and Recreation Center. Pool phone number is (619) 691-5081 in case you need help.

The easiest way for divers to get their AAU card by August 10th, 2008 is online at <http://www.aupacificsouthwest.org> where you can enroll, pay by credit card, and immediately print your membership card.

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OFFICIAL ENTRY FORM

NAME _____ AGE _____ BIRTHDATE _____

ADDRESS _____

CITY _____ ZIP _____ E-MAIL _____

AAU NO. _____ PH. NO. _____

EVENT(S) ENTERED: MASTERS GOLD CUP _____ SYNCHRONIZED DIVING _____ EXHIBITION DIVING _____

Entry fee: \$20.00. Add \$5. for deck entries.

(No entry fee or AAU Dive # for Exhibition Diving Event)

Mail this form and fee payable to: **C.V.A.A. DIVING TEAM**, c/o Tom Crosby, 2360 Lanao Lane, San Diego, CA 92154

RELEASE OF LIABILITY

In signing below I certify that in consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights I may have against AAU Sports, Inc., the Southern Pacific Association of U.S. Diving, the City of Chula Vista, C.V.A.A. Diving Team, the meet sponsors and their collective representation for any and all injuries suffered by me in conjunction with and/or arising out of my traveling to, participating in, and returning from said meet.

DIVER'S SIGNATURE: _____ DATE: _____