

*2nd Annual Red Dragon Diving  
AAU Invite*

*February 19-20, 2010*

*Hosted by Red Dragon Diving  
800 Loch Alsh Avenue  
Fort Washington, Pa 19034*



Diving meet is open to all registered AAU Divers:  
Novice, Intermediate, and Advanced.  
USA Diving Rules will be used for all age events.

Diving meet is \$30.00 per event per person. You can register at the  
meet for an additional \$10.00 (please try to register early !!)

Meet Director, Host, and Organizer: Tarra & Todd Michael  
(215) 588-6543 cell

[email@reddragondiving.org](mailto:email@reddragondiving.org)  
[highdivertodd@comcast.net](mailto:highdivertodd@comcast.net)

**Meet Times:**

**Saturday: Open Warm-Ups 2-3pm, Event Only Warm-Up 3-3:30pm Start 3:30pm**

**Sunday: Open Warm-ups 7:00am- 8:30am, Meet starts 9am  
Diving boards open to first event only from 8:30am-9am.**

**Facility: Built in 2009 Upper Dublin High School Aplex Complex Natatorium.**

The diving well depth is 13 feet. The diving facility is outfitted with two one-meter and one three-meter Duraflex Maxiflex Model "B" diving boards (16 foot) with Durafirm stands (new 2010 models).

# 2010 Red Dragon Diving Invitational

## March 6<sup>th</sup> & 7<sup>th</sup> , 2010

Event Schedule – *Projected* Timing

Some events may run ahead or behind schedule or may combine.

### Saturday, February 19<sup>th</sup>

\*\* There will be a ½ hour warm up before each event. \*\*

All events are novice, masters, and JO combined.

1a. 13 - Under Girls 1m	1b. 13-U Boys 3M	3:30pm – 4:30 pm
2a. 13 - Under Boys 1m	2b. 13-U Girls 3m	5:00pm – 6:30 pm

“ Open Warm-Ups after last event until 8pm “

### Sunday, February 20<sup>th</sup>

\*\* There will be a ½ hour warm up before the next event. \*\*

All events are novice, master's, and JO combined.

Open Warm-Up (first event warms up until 9:00 am) 7:00am-8:30am

1a. 14-15/Master's Girls 1m	1b. 14-15/Master's Boys 3m	9:00am - 10:30am
2a. 14-15/Master's Boys 1m	2b. 14-15/Master's Girls 3m	11:30am - 1:00pm
3a. 16-18 Girls 3M	3b. 16-18 Boys 3M	2:00pm – 3:30pm
4a. 16-18 Boys 1M	4b. 16-18 Girls 3M	4:30pm – 6:00pm

“ Projected Meet finish at 6:00pm “

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

### Additional Meet Information

**Rules:** J.O. Requirements will be according to USA – FINA.

See rules detailed on [www.divemeets.com](http://www.divemeets.com) and [www.usadiving.org](http://www.usadiving.org) .

Age of athlete for this competition is based on age on December 31st, 2010

**Awards & Scoring:** Medals for Top 6 will be awarded.

Three classes of competition – Novice, J.O., and Masters

Team scoring will be governed by [www.divemeets.com](http://www.divemeets.com) .

**Registration & Fees:** \$25.00 per event. All registrations on [www.divemeets.com](http://www.divemeets.com).

**Events:** Events will run simultaneously. The meet director reserves the right to make changes to expedite and ensure the quality of the meet. We may run two or three tables to decrease the time of the meet.

**Event Schedule:** Novice, J.O., and Master's groups will be run together.

Divers must have a designated coach on deck in order to be able to participate in warm-ups and events. No coach, no competition. That simple!

**Release: All Competitors, Spectators and Attendees waive and release any and all rights and claims for damages against, Red Dragon Diving, Montgomery County, Upper Dublin High School and its Facility Upper Dublin High School Natatorium, AAU, Todd and Tarra Michael and their agents, parents, representatives, heirs and successors for any and all injuries suffered by me at said meet and premises.**

**Attention: This release especially applies to all registered athletes competing at / in/ walking the deck / helping / using the facility rest rooms/ or any other activities pertaining to or not in the course of the meet. Regardless of time.**

**In signing below, I verify the events in which I am entered and that I am a registered amateur athlete according to the rules and regulations of the Amateur Athletic Union and that in consideration of your accepting this entry, I, intending to be legally-bound hereby for myself, my heirs, executors, and administrators, waive any and all rights I may have against the Amateur Athletic Union, the local Diving Committee, the Meet Sponsors, and my diving Club or Team, their agents, representatives, successors, or assignees for any and all injuries to me in, on, or at said meet and premises.**

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Club Affiliation \_\_\_\_\_ Coach \_\_\_\_\_

Address \_\_\_\_\_  
street city state Zip

Phone Number (\_\_\_\_\_) \_\_\_\_\_ AAU# \_\_\_\_\_

Email Address \_\_\_\_\_ Year of school \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if Minor) \_\_\_\_\_ Date \_\_\_\_\_

**Please print sign and have ready for Registration**

## **Registering for a meet using Divemeets.com Coaches' Instructions for divemeets.com” Follow these easy steps to register:**

**Before giving this information to your team members, every coach participating in this competition must register at [www.divemeets.com](http://www.divemeets.com). You will receive an email with your id and password. If a coach has already registered in the past, they don't have to register again. Please make sure you update your information and choose that you are a member of AAU. If your team does not appear on the AAU list you must contact [support@meetcontrol.com](mailto:support@meetcontrol.com) so they can add the team to the database.**

**After you register, you can tell your divers or parents to go to [www.divemeets.com](http://www.divemeets.com) to sign up and then register for the 2010 Red Dragon Diving Invitational. They also will receive an email with their id and password. If a diver has already register in the past, they don't have to register again; all they have to do is to log in with their divemeets ID and password. If they forgot the ID and Password, they can click on Forgot your password or DiveMeets ID. . Please make divers update their information and choose that they are a member of AAU.**

**Divers or parents will be prompted to the meet information where they will be able to click on the events they are registering for and fill out dive sheets for each event. The program will make sure each dive sheet will be sent correctly. If a diver already has a dive sheet in the database with divemeets.com, the system will bring up the last dive sheet in their account. Then, you will be able to make changes if you will like and then submit it.**

**Note: If coaches decide to register the divers for the meet, they will be able to do that after the divers have signed up with divemeets.com and have a divemeets ID. Then, a coach logs in and can click on the 2010 Red Dragon Diving Invitational link. On that page coaches will find a drop box with the divers of their team. You will choose the diver you want to register for the meet, fill out dive sheet and pay for the event. If a diver already has a dive sheet in the database with divemeets.com, the system will bring up the last dive sheet in their account. Then, you will be able to make changes if you like and submit it. You will have to do this process for every diver.**

**The fees for the meet will be added automatically and must be paid with Visa or Master card. Checks are not accepted at this time.**

**You will receive an email notification of your registration.**

**Coaches will able see the time table online prior the meet at [www.divemeets.com](http://www.divemeets.com)**