

# Keystone State Games

**July 13 – 14, 2011**

***Penn State University  
Natatorium***

***State College, PA***

**<http://www.keystonegames.com/diving>**

**Keystone State Games  
July 13 & 14, 2011  
Penn State University Natatorium  
State College, PA**

**REGISTRATION:**  
<http://www.keystonegames.com/diving.html>

**MEET SCHEDULE**  
Wednesday July 13, 2011  
Open Pool Warm-up 3:30pm - 5:00pm.  
Competition: 5:00 pm - 8:30 pm

Thursday, July 14, 2011  
Open Pool Warm-up 8:00- 9:00  
Competition 9:00 am - 2:30 pm

**AGE DIVISION** as of July 13  
7 & UNDER (4 vols. Or line-ups for 1m & 3m )  
b/g 8 – 9 (4 vols. or line-ups for 1m & 3m )  
b/g 10 – 11 (3 vols. (max 5.4 d.d)) 1 opt for 1m & 3m)  
g 12 – 13 (5 vols. (max 9.0/9.5 d.d.) 2 opts for 1m/3m)  
b 12 – 13 (5 vols. (max 9.0/9.5 d.d.) 3 opts for 1m/3m)  
g 14 – 15 (5 vols.(max 9.0/9.5 d.d.) 3 opts for 1m/3m)  
b 14 – 15 (5 vols.(max 9.0/9.5 d.d.) 4 opts for 1m/3m)  
g 16 – 18 (5 vols.(max 9.0/9.5 d.d.) 4 opts for 1m/3m)  
b 16 – 18 (5 vols.(max 9.0/9.5 d.d.) 5 opts for 1m/3m)  
19 – 24 (7 dives for 1m & 3m)  
25 – 34(7 dives for 1m & 3 m)  
35 – 44 (6 dives for 1m & 3m)  
45 – 54 (6 dives 1m & 3m)  
55 & over (4 dives for 1m & 3m)

**EVENT CODES:**  
DI01 1-Meter Springboard  
DI02 3-Meter Springboard

**SPORT LEADER:** Tim Kuzma, 814-881-0546 (c),  
[timkuzma@yahoo.com](mailto:timkuzma@yahoo.com)

**Competition Rules and Format:** The dive list will be selected according to the guidelines listed below with dives determined by age groups. Please use the FINA dive chart for list of dives. Dive changes can be made on the board. AAU rules ([www.aausports.org/sprt\\_diving.asp](http://www.aausports.org/sprt_diving.asp)) will be used for all age groups. KSG reserves the right to cancel or consolidate divisions determined by the number of entries received.

**ELIGIBILITY:** All ages as of July 13, 2010. Divers may compete in only one division.

**ENTRY PROCEDURE:** Send the entry form and \$30 entry fee to Keystone State Games, Inc., P.O. Box 1166, Wilkes-Barre, PA 18703-1166. Walk-on registration will be accepted one hour prior to competition each day. The walk-on entry fee is \$35. NJ, DE, MD, WV, OH, & D.C. athletes are welcome to compete in 2010 Keystone Summer Games with no additional fees. All divers, coaches, and parents may contact Tim Kuzma for dive sheets, rules, and a schedule of tentative event start times.

**ENTRY DEADLINE:** Friday, July 2, 2010. Entries must be postmarked by Thursday, July 1, 2010; otherwise athletes must register as walk-ons.

**HOTEL INFORMATION:** We generally try to have all the divers stay in the same hotel. Contact Tim Kuzma for host hotel.

<b>SCHEDULE:</b>		<b>Wednesday Jul</b>		<b>Jul</b>
<b>y 13, 2011</b>		<b>Warm-Up</b>	<b>Start Time</b>	<b>7 &amp;</b>
Under	1m - Male & Female	5:00 pm	5:15 pm	9 &
Under	1m - Male & Female	5:00 pm	5:15 pm	11 &
Under	1m - Male & Female	5:00 pm	5:15 pm	13 &
Under	1m - Male & Female	5:45 pm	6:30 pm	15 &
Under	1m - Male & Female	5:45 pm	6:30 pm	18 &
Under	1m - Male & Female	5:45 pm	6:30 pm	

<b>Thursday</b>		<b>Warm-Up</b>		<b>Start</b>
<b>July 14, 2011</b>		<b>Time</b>	<b>24 &amp; Under</b>	<b>1m - Male &amp;</b>
Female	8:00 am	9:00 am		
34 & Under	1m - Male & Female	8:00 am	9:00 am	
44 & Under	1m - Male & Female	8:00 am	9:00 am	
54 & Under	1m - Male & Female	8:00 am	9:00 am	
55 & Over	1m - Male & Female	8:00 am	9:00 am	
7 & Under	3m - Male & Female	9:45 am	10:15 am	
9 & Under	3m - Male & Female	9:45 am	10:15 am	
11 & Under	3m - Male & Female	9:45 am	10:15 am	
13 & Under	3m - Male & Female	10:45 am	11:45 am	
15 & Under	3m - Male & Female	10:45 am	11:45 am	
18 & Under	3m - Male & Female	10:45 am	11:45 am	
24 & Under	3m - Male & Female	1:15 pm	1:45 pm	
34 & Under	3m - Male & Female	1:15 pm	1:45 pm	
44 & Under	3m - Male & Female	1:15 pm	1:45 pm	
54 & Under	3m - Male & Female	1:15 pm	1:45 pm	
55 & Over	3m - Male & Female	1:15 pm	1:45 pm	

## Side Notes:

**PLEASE: We would like to get as many entry forms in prior to the entry deadline so we can time manage the meet efficiently. So don't delay, sign up today!**

This is a grass roots meet intended for divers to have a great experience with diving and the meet will be run accordingly. It is intended for diver from all parts of the state, and other states to meet each other, so the next time they see each other at KSG or other diving events they will be able to greet each other as a KSG diver.

At KSG we understand that divers may not have a coach to accompany them to the meet. The KSG staff will help divers with all aspects of the meet from coaching to filling out dive sheets to cheering for them during competition. If you need help, that is what we are there for.

If you have any questions, please do not hesitate to call Tim Kuzma (814) 881-0546

Other side notes...

KSG will begin at the conclusion of Week 2 of the PSU Diving Camp. If you would like to attend camp, more info can be found at: <http://www.gopsusports.com/camps/diving-camp.html>

In 2010 the PSU outdoor pool was open and divers were able to train on the tower.

## ***Diving Camp Info:***

### **Penn State Diving Camp**

<http://www.gopsusports.com/camps/diving-camp.html>

### **Dive Erie**

<http://www.DiveErie.com>

### **Clarion Diving Camp**

<http://www.clariongoldeneagles.com>

### **West Chester Diving**

<http://www.westchesterdiving.com>

## ***Diving Web Sites:***

### **AAU Diving**

<http://diving.aausports.org>

### **USA Diving**

<http://www.usadiving.org>

### **Flip n Rip Web Site**

<http://www.flipnrip.com>

### **DiveMeets.Com**

<http://www.divemeets.com>

# **Coaches, Divers, & Parents**

**I am putting together a data base for the Keystone State Games Diving. Please e-mail me with your contact information so I can keep you informed about the Keystone State Games and the State Games of America.**  
***timkuzma@yahoo.com***  
**You can also friend us on Facebook at “Keystone State Diving”**

(all data collected will be used for KSG Diving only)

**I would also be happy to e-mail this brochure to a friend at your request.**

***“See you at the Games”***