"LAST CHANCE" DIVING INVITATIONAL

SUNDAY, JANUARY 23RD, 2011

Upper Dublin High School

Upper Dublin Aquatic Club is hosting the "Last Chance" Diving Invitational to give Suburban Aquatic League (SAL) divers a one more chance to improve their averages before SAL Championships. Scores **DO** count toward their seeding but the meet does **NOT** count toward the 40% rule for League Championships, so only qualified divers may compete.

REQUIRED DIVES:	**11 & Under**	**12 to 14**	**15 & Over**
	201*(back dive)*	201 *(back dive)*	301 *(reverse)*

medals will be awarded in each age group for 1st through 6th places

The meet will follow regular season SAL rules for a dual meet. DIVERS MUST BE ACCOMPANIED BY A COACH. Coaches are expected to judge this meet and parents will be asked to assist at the table.

NOTE: All divers after the first event are asked to be at the pool **one hour** prior to their scheduled warm-up time so the meet can proceed without delay and without missing anyone.

PLANNED MEET SCHEDULE

**Start times may be earlier than the schedule below, so arrive 1 hr before warm-up time*

	Warm-up	**Diving**
11 & Under Boys:	11:10 AM	11:30 AM
11 & Under Girls:	12:00 PM	12:20 PM
12 - 14 Boys:	12:50 PM	1:10 PM
12 - 14 Girls:	1:40 PM	2:00 PM
15 & Over Boys & Girls:	2:30 PM	2:50 PM

REGISTRATION:

Please email diving@udac.us with your entry count by January 17th so that UDAC can plan this meet. Two completed diving sheets and a $5.00 entry fee per diver will be due the day of the meet. The pool will be open at 11:00 am to allow divers to register and change, and for workers to get ready. Any other questions or comments please email Maureen Toner.

Email UDAC: LastChanceDiving@udac.us