

**T H E J I N G L E
B E L L
C L A S S I C**



JO INVITATIONAL / NOVICE

**SATURDAY - SUNDAY, DECEMBER 10 - 11, 2011
UNIVERSITY OF HOUSTON
CAMPUS RECREATION AND WELLNESS CENTER
HOUSTON, TEXAS**



COUGAR DIVING CLUB

Dear Coaches and Parents:

We would like to invite you all to the Jingle Bell Classic 2011 on December 10 - 11, 2011. We will be hosting this event in our awesome diving facility on the University of Houston campus. We hope you will come and enjoy this beautiful place and we hope to make this meet as fun as it always is.

Directions to the pool are on our website at www.cougardiving.com and/or use Yahoo Maps (not Map Quest)

Please register online at www.divemeets.com

HOTELS

UH Hilton on campus - right across the street from the pool
Phone number: 1-800-468-3584

Holiday Inn - Astrodome 10 min drive
8111 Kirby
Phone number: 800-465-4329

Hyatt Regency Downtown 5 min drive
1200 Louisiana
Phone number: 713-654-1234

Medals for top 3 places and ribbons for 4-6 place finish

T-Shirts and Raffle Tickets will be available in the lobby.

Important Info: Entry into the diving facility is through the lobby only - we will have the meet entry table and registration table directly in the lobby. Please be aware that no athletes or parents may enter any other part of the facility. No parents will be allowed on deck - spectator stands only!!

COUGAR DIVING CLUB

- DATE:** Saturday - Sunday, December 10 - 11, 2011
- START TIME:** 9AM
- MEET SITE:** The University of Houston Campus Recreation and Wellness Center
4500 University Drive, Houston, TX 77204
713-743-PLAY
Parking: Friday - parking garage on Calhoun
Saturday – Sunday - parking lot on University Drive
- FACILITY:** Two 1m Maxiflex, Model B diving board
Two 3m Maxiflex, Model B diving board
1m, 3m, 5m, 7.5m and 10m Platforms
Pool depth: 17 ft
- SANCTION:** AAU Event 2KGUDIXTY5
- ENTRY FEES:** Register at www.divemeets.com
\$25.00 per Event – Due: Mon, Dec. 5, 2011
- LATE FEE:** All deck entries will be charged a \$25.00 late-fee
- CHECK-IN:** There will be a check-in table in the pool lobby. All divers and coaches must check in! All divers and coaches must be current AAU members!
- Meet Director:** Vera Ilyina
E-mail: ilyinav@yahoo.com
Phone: 713-291-6328 cell
- RULES:** AAU Rules Apply. Divers' age is determined as of December 31, 2011.
Specific dive requirements for each event is enclosed
- AWARDS:** Medals for top 3 places and ribbons for 4-6 place finish
- WEBSITE:** www.cougardiving.com
- MEET APPAREL:** Meet apparel will be available for sale in the lobby. If you would like your child's name to appear on the competitors list, please register on www.divemeets.com before the deadline.
- WORKOUTS:** Friday, December 9
4 – 8PM - Open Workout
Sat, December 10 and Sun, December 11
6 – 8:30AM – Assigned Warm-up; 8:30 – 9AM – First event only

THE JINGLE BELL CLASSIC

SCHEDULE

SATURDAY, DECEMBER 10

	<u>AGE</u>	<u>GROUP</u>	<u>SEX – BOARD</u>
#1	Future Champions	FC	Girls 1m / Boys 3m
#2	9 & Under	NOVICE	Girls 1m / Boys 3m
#3	10/11	NOVICE	Boys 1m / Girls 3m
#4	12/13	NOVICE	Boys 1m / Girls 3m
#5	14 & Over	NOVICE	Boys 1m / Girls 3m
#6	14 & Over	JO	Girls & Boys Platform
#7	9/U and 11/U (combined)	JO	Girls 1m/Boys 3m
#8	13 & Under	JO	Girls 1m/Boys 3m
#9	16 - 18 / 14 - 15	JO	Girls 1m / Girls 3m
#10	16 - 18 / 14 - 15	JO	Boys 1m / Boys 3m

SUNDAY, DECEMBER 11

#11	13 & Under	JO	Boys & Girls Platform
#12	Future Champions	FC	Boys 1m / Girls 3m
#13	9 & Under	NOVICE	Boys 1m / Girls 3m
#14	10/11	NOVICE	Girls 1m / Boys 3m
#15	12/13	NOVICE	Girls 1m / Boys 3m
#16	14 & Over	NOVICE	Girls 1m / Boys 3m
#17	11 / U and 9 / U (Combined)	JO	Boys 1m / Girls 3m
#18	13 & Under	JO	Boys 1m / Girls 3m
#19	14 – 15 / 16 - 18	JO	Boys 1m / Boys 3m
#20	14 – 15 / 16 - 18	JO	Girls 1m / Girls 3m

NOVICE Requirements

9 & UNDER

1M and 3M

- 100, 200
- 3 dives from two different groups (1.0 DD)

10 - 11

1M

- 100, 200
- three dives from at least two different groups (D.D. 1.0)

3M

- 100, 200, 001D
- three dives from at least two different groups (D.D. 1.0)

12 - 13

1M

- 100, 200 (D.D. 1.0), 101A, B or C (D.D. 1.8)
- three optional dives from different groups (true DDs but not more than 2.3)

3M

- 100, 200 (DD 1.0), 101A, B or C (DD 1.9)
- three optional dives from different groups (true DDs but not more than 2.4)

14 & Over

1M

- 100, 200
- 5 dives from at least 3 different groups

3M

- 100, 200, 001D
- 5 dives from at least 3 different groups

Future Champions

1 Meter

1. Standing Front Jump (A, B or C)
2. Back Jump (A, B, or C)
3. Standing Front Dive Tuck
4. 1 or 3-step hurdle w/Front Jump
5. One of the Following Skills:
102, 201, 301, 401 (A, B or C)

3 Meter

1. Standing Front Jump (A, B, or C)
2. Back Jump (A, B, or C)
3. Front Line-Up (sitting or standing)
4. 1 or 3-step hurdle w/Front Jump
5. One of the Following Skills:
101, 201, 401 (A, B or C)

2011 AAU JO Rules

GIRLS

1m and 3m

9 & Under

Voluntary Dives

4 Dives

3 dives from different groups

5.4 DD 1m and 3m

Optional Dives

1 dive

11 & Under

Voluntary Dives

5 Dives

3 dives from different groups

5.4 DD 1m and 3m

Optional Dives

2 dives from different groups – no limit

12 – 13

Voluntary Dives

7 Dives

5 dives from different groups

9.0 DD 1m

9.5 DD 3m

Optional Dives

2 dives from different groups – no limit

14 – 15

Voluntary Dives

8 Dives

5 dives from different groups

9.0 DD 1m

9.5 DD 3m

Optional Dives

3 dives from different groups – no limit

16 – 18

Voluntary Dives

9 Dives

5 dives from different groups

9.0 DD 1m

9.5 DD 3m

Optional Dives

4 dives from different groups – no limit

BOYS

1m and 3m

4 Dives

3 dives from different groups

5.4 DD 1m and 3m

1 dive

5 Dives

3 dives from different groups

5.4 DD 1m and 3m

2 dives from different groups – no limit

8 Dives

5 dives from different groups

9.0 DD 1m

9.5 DD 3m

3 dives from different groups – no limit

9 Dives

5 dives from different groups

9.0 DD 1m

9.5 DD 3m

4 dives from different groups – no limit

10 Dives

5 dives from different groups

9.0 DD 1m

9.5 DD 3m

5 dives from different groups – no limit

PLATFORM

13 & UNDER

5m and 7m

3 voluntaries (from different groups)

3 optionals (from different groups)

Max DD – 5.4

14 & OVER

5m, 7m, and 10m

4 voluntaries (from different groups)

3 optionals (from different groups)

Max DD – 7.6