

UDAC LAST CHANCE DIVING INVITATIONAL

Sunday, January 14, 2018

Upper Dublin Aquatic Club is hosting the 2018 "Last Chance" Invitational to provide Suburban Aquatic League (SAL) divers a final opportunity to improve their averages outside of dual meet competition.

Scores at this meet **DO** count toward diving athletes' SAL seeding but the meet does **NOT** count toward the 40% dual meet attendance requirement for League Championships participation.

Registration will take place in the athletic complex lobby starting at 10:45 AM. The pool will be open at 10:45 AM to allow divers to register and change, and for workers to get ready. The first warm-up session will take place at 11:10 AM.

Please email your entry count to Todd Michael diving@udac.us by Wed, Jan 10th so that the hosts can plan this meet. Two completed diving sheets and a \$20.00 entry fee per diver will be due the day of the meet.

Questions? Please email Todd Michael (UDAC Head Diving Coach) at diving@udac.us.

REQUIRED DIVES: 11 & Under > 101 (forward) 12 to 14 > 401 (inward) 15 & Over > 401 (inward)

- Fun awards 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*

Age Group	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