

SECOND ANNUAL HOUSTON HOLIDAY

HOEDOWN

JO/NOVICE/Future Champion Invitational

SATURDAY - SUNDAY, DECEMBER 14th and 15th, 2019

UNIVERSITY OF HOUSTON

CAMPUS RECREATION AND WELLNESS CENTER

HOUSTON, TEXAS





BIG CAT DIVING CLUB

Dear Coaches and Parents:

We would like to invite you all to the Houston Holiday Hoedown on December 14th and 15th, 2019. We will be hosting this event at the University of Houston Recreation and Wellness Center on the University of Houston main campus. We hope you will come and enjoy this beautiful facility and we hope to make this meet as fun as it always is.

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 - A google doc. e-mail will be sent out for pre-order. There will be limited extra shirts available in the lobby.

Important Info: Entry into the diving facility is through the lobby only. You will need to either bring a signed copy of the Rec. waiver or fill one out on site with a **parent signature** to receive a deck pass. 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!

BIG CAT DIVING CLUB

DATE: Saturday/Sunday, December 8-9, 2018

EVENT START TIME: 8:30AM

MEET SITE: The University of Houston Campus Recreation and Wellness Center
Address: 4500 University Drive; Houston, TX 77204
Phone: 713-743-PLAY
Parking: Friday - parking garage on Calhoun
Saturday & Sunday - parking lot on University Drive

FACILITY: Two 1 M Maxiflex, Model B diving boards
Two 3 M Maxiflex, Model B diving boards
1M, 3M, 5M, 7.5M and 10M Platforms
Pool Depth: 17 feet

SANCTION: AAU Sanctioned event (pending) - AAU diving rules apply. 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 registration. Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

ENTRY FEES: \$45 per Event - Register at www.divemeets.com

LATE FEE: \$50 Begins Tuesday, December 10th, 9PM

REGISTRATION CLOSURES: Friday, December 13th, 9AM; **\$75.00 late fee for on deck entries**

CHECK IN: There will be a check-in table in the CRWC/Pool lobby.
All divers and coaches must check in!

MEET DIRECTOR: Stephanie Gunter
bigcatdiving@sbcglobal.net
281-658-6399 cell

AWARDS: Medals 1st through 3rd place; Ribbons 4th through 6th

MEET APPAREL: Meet apparel will be available for pre-sale via google doc. and limited supply in the lobby. If you want your child's name to appear on the competitors list, please register on www.divemeets.com by Thursday, December 5th by noon.

WORKOUTS: Friday, December 13th - 4:00 - 6:45PM - OPEN WORKOUT
Coach must be present!
Saturday & Sunday, December 14th & 15th
7:00am to 7:45am Open Novice/FC Warm Up ONLY
There will be a one 1/2 hour Flighted JO Warm up between Novice Event and Platform Event.

Saturday, December 14th

		Saturday, December 14th	
	7:00 - 7:45	Novice FC Open warm-up	
	7:45-8:10	1st event warmup	
National Anthem	8:10		
		1 meter	3 meter
Event 1	8:15	Fut Champ 9&U G, 10-12 B, 13&O G.	Fut Champ 9&U B, 10-12 G, 13&O B.
	20m	event warm-up	
Event 2		Nov 9&UG, 10-11G, 12-13B, 14-18B	Nov 9&UB, 10-11B, 12-13G, 14-18G
J.O. Warm-up	1.5 hour	Flighted Warm Up for Springboards	Open Warm Up for Platform
Event 3		Girls Platform	
	30m	event warm-up	
Event 4		J.O. Boys Group A, E	J.O. Boys Groups B, C, D
	30m		
Event 5		J.O. Girls Groups B, C, D	J.O. Girls Group A, E

Sunday, December 15th

		Sunday, December 15th	
	7:00 - 7:45	Novice FC Open warm-up	
	7:45-8:10	1st event warmup	
National Anthem	8:10		
		1 meter	3 meter
Event 6	8:15am	Fut Champ 9&U B, 10-12 G, 13&O B.	Fut Champ 9&U G, 10-12 B, 13&O G.
	20m	event warm-up	
Event 7		Nov 9&UB, 10-11B, 12-13G, 14-18G	Nov 9&UG, 10-11G, 12-13B, 14-18B
J.O. Warm-up	1.5 Hour	Flighted Warm Up for Springboards	Open Warm Up for Platform
Event 8		Boys Platform	
	30m	event warm-up	
Event 9		J.O. Girls Group A, E	J.O. Girls Groups B, C, D
	30m		
Event 10		J.O. Boys Groups B, C, D	J.O. Boys Group A, E

DIVE REQUIREMENTS

(Age as of Dec.31st on the year of competition)

Junior Olympic

9 and under (5 dives)

3 voluntary (different group) MAX dd 5.0 on 1 meter and 5.4 on 3 meter
1 options dives (different group)

10/11 and under (5 dives)

3 voluntary (different group) MAX dd 5.0 on 1 meter and 5.4 on 3 meter
2 options dives (different group)

12/13 Boy's (8 dives)

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
3 optional dives (different groups)

12/13 Girl's (7 dives)

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
2 optional dives (different groups)

14/15 Boy's (9 dives)

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
4 optional dives (different groups)

14/15 Girl's (8 dives)

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
3 optional dives (different groups)

16-18 Boy's (10 dives)

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
5 optional dives (different groups)

16/18 Girls' (9 dives)

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
4 optional dives (different groups)

NOVICE (Indicate A, B or C for 100 and 200)

9 & UNDER (Boys and Girls 1M/3M)

100, 200, and any 3 dives

10/11

Boys and Girls 1M-**100, 200** any 3 dives
Boys and Girls 3M-**100, 200, 001D**, any 3 dives

12/13

Boys and Girls 1M-**100, 200, 101A,B or C**, (1.8) any 3 dives
Boys and Girls 3M-**100, 200, 001D, 101A,B or C**, (1.9) any 3 dives

14 & OVER

Boys and Girls 1M-**100, 200**, any 5 dives from 3 different groups
Boys and Girls 3M-**100, 200, 001D**, any 5 dives from different groups

Future Champions

FUTURE CHAMPION: BRONZE:(All age groups will perform the same 5 skills)

1. Stand front jump straight w/ no press (100A)
2. Back jump straight starting w/ arms up and no press (200A)
3. Standing front line up in any starting position (001D)
4. Hurdle starting one step back w/ arms and knee up into front jump straight w/ no press (100A)
5. 3 or 4 steps and hurdle starting w/ arms up and no press into front jump straight (100A)

FUTURE CHAMPION/SILVER: (All age groups will perform the same 5 skills)

1. Standing front jump tuck w/ press (100C)
2. Back jump straight w/ press (200A)
3. 3 or 4 steps and hurdle w/ full arm swing and press into front jump straight (100A)
4. Back jump tuck w/ press (200C)
5. 1 of the following skills: 101C, 101B, 102C, 102B, 401C, 401B

FUTURE CHAMPION/GOLD: (All age groups will perform the same 5 skills)

1. 3 or 4 steps and hurdle w/ full arm swing and press into front jump pike (100B)
2. Back jump w/ press pike (200B)
3. Falling back line-up straight (002A)
4. 1 of the following skills: 101C, 101B, 401C, 401B
5. 1 of the following skills: 102C, 102B, 103C, 201C, 201B, 201A

Platform Requirements

13 & Under	5M & 7.5M 3 Voluntaries (from different groups) 3 Optionals (from different groups)	Max DD - 5.4
14 & Over	5M, 7.5M & 10M 4 Voluntaries (from different groups) 3 Optionals (from different groups)	Max DD - 7.6