

Diving Development Meet Schedule 2010

Meet #1 @ Shillington Tuesday June 29th

8 & Under- fwd approach, hurdle with entry (jump) & fwd dive
9 & 10 - fwd dive, 1 optional
11 & 12- fwd dive, 2 optionals
13 & 14- fwd dive, back dive, 2 optionals (any group)
15 & O - fwd dive, back dive, 2 optionals (any group)

Meet # 2 @ Wilshire Tuesday July 6th

8 & Under - fwd jump, fwd dive
9 & 10 - Fwd dive, back dive, 1 optional
11 & 12 - Fwd dive, back dive, 1 optional
13 & 14 - Fwd dive, back dive, 2 optionals (any group)
15 & O - Fwd dive, back dive, 2 optionals (any group)

Meet # 3 @ Ken- Grill Tuesday July 13th

8 & Under - fwd dive, 1 optional
9 & 10 - 1/2 twist, 2 optionals (any group)
11 & 12 - Inward dive, 1/2 twist, 2 optionals (any group)
13 & 14 - Inward dive, 1/2 twist, 2 optionals (any group)
15 & O - Inward dive, 1/2 twist, 2 optionals (any group)

Meet # 4 @ Cretwood Tuesday July 20th

8 & Under - fwd dive, back dive, 1 optional (any group)
9 & 10 - Reverse dive, 2 optionals (any group)
11 & 12 - Reverse dive, inward dive, 2 optionals (any group)
13 & 14 - Reverse dive, inward dive, 2 optionals (any group)
15 & O - Reverse dive, 4 optionals (any group)

Meet # 5 @ Green Valley Tuesday July 27th

8 & Under - Back dive, 2 optionals (any group)
9 & 10 - Inward dive, 3 optionals (any group)
11 & 12 - Fwd dive, 4 optionals (any group)
13 & 14 - Fwd dive, 4 optionals (optionals must be from different groups)
15 & O - Fwd dive, 4 optionals (optionals must be from different groups)

BCSA Championships - Sat. July 31st @ Ken- Grill