WOODLANDS DIVING PRESENTS

2019 Laura Wilkinson Golden Invitational

Practice: Friday, April 5th, 2019

Competition: Saturday, April 6th & Sunday, April 7th, 2019

MEET INFORMATION

License #: (Pending-Submitted)

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

**Be Prepared:** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.

- Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.

Site: The NAT (Conroe ISD Natatorium) 19133 David Memorial Drive Shenandoah, TX 77385

Meet Director: Scott Jensen  (281) 475-5312

Directions: The NAT is located 25 miles north of Bush Intercontinental Airport. Go south on John F. Kennedy Blvd. Turn right onto ramp for the Hardy Toll Road. Go north on the Hardy Toll Road to TAMINA road exit. Turn right on Tamina, turn left at the first light (David Memorial Drive). The NAT will be about ¼ of a mile down, on the right, behind the Stadium. [Click here for map.](#)

Facility: The pool is 14 feet deep with four 1m and two 3m Maxi-Flex (modified model B) boards. This is an Indoor facility.

Entry Fees & Deadline

- Register with [Divemeets.com](http://Divemeets.com). $30.00 per event when registered online
- Late Fee Applies after Tuesday April 2nd @ 9:00AM ($30.00 Late Fee)
- Divemeets registration CLOSES: 9:00 am 4/4/19

Dive Changes: Dive changes will be allowed ONLINE up till 6:00pm night before each day events. Any dive changes day of events, will be $40.00

There will be NO ON-Deck Registration

Check-in:

- All Divers and Coaches must check in at the registration table.
- Friday April 5, 2019 - 4:30pm – 6:00pm
- Saturday April 6, 2019 - 6:45am
- Sunday April 7, 2019 - 6:45 am

Practice Times: Friday, April 5th, 2019: 5:00pm to 7:00pm (open to everyone)

Times: Saturday, April 6th & Sunday April 7th: 7:00 - 8:00am open for Future Champions and Novice. 1 hour open warmup for J.O. immediately following the completion of the Future Champion and Novice events. 20 - 30 min. event warm-ups depending upon size.

Event Start Times:

Saturday and Sunday Event 1 warm-ups 8:00-8:20am – Event Starting at 8:20am

Awards: Medals for Top 6 divers
Schedule of Events

Saturday April 6th, 2019

Event 1: Warm-up 8:00-8:20am – Event Starts at 8:20am
Girls Future Champion Bronze/Silver 1m -9& Under, 10-11, 12-13, 14& Up
Boys Future Champion Bronze/Silver 3m -9& Under, 10-11, 12-13, 14& Up

Event 2:
Girls Future Champion Gold 1m -9& Under, 10-11, 12-13, 14& Up
Girls Novice 1m -9& Under, 10-11, 12-13, 14-18
Boys Future Champion 9& Under, 10-11, 12-13, 14& Up
Boys Novice 3m -9& Under, 10-11, 12-13, 14-18

JO WARMUP – 60 Minutes

Event 3:
Girls Junior Olympic 1m -9& Under, 11& Under, 12-13
Boys Junior Olympic 3m -9& Under, 11& Under, 12-13

Event 4:
Girls Junior Olympic 1m -14-15, 16-18
Boys Junior Olympic 3m -14-15, 16-18

Event 5:
Novice 1m
Junior Olympic Synchro 1m/3m
Boys and Girls
13& Under and 14& Up

Sunday April 7th, 2019

Event 1:
Girls Future Champion Bronze/Silver 3m -9& Under, 10-11, 12-13, 14& Up
Boys Future Champion Bronze/Silver 1m -9& Under, 10-11, 12-13, 14& Up

Event 2:
Girls Future Champion Gold 3m -9& Under, 10-11, 12-13, 14& Up
Girls Novice 3m -9& Under, 10-11, 12-13, 14-18
Boys Future Champion Gold 1m -9& Under, 10-11, 12-13, 14& Up
Boys Novice 1m -9& Under, 10-11, 12-13, 14-18

JO WARMUP – 60 Minutes

Event 3:
Girls Junior Olympic 3m -9& Under, 11& Under, 12-13
Boys Junior Olympic 1m -9& Under, 11& Under, 12-13

Event 4:
Girls Junior Olympic 3m -14-15, 16-18
Boys Junior Olympic 1m -14-15, 16-18
Dive Requirements - Age as December 31st 2019

**Future Champions Requirements**

**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

**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 from **2 different groups**
Boys and Girls 3M-100, 200, 001D, any 3 dives from **2 different groups**

12/13
Boys and Girls 1M-100, 200, 101A,B or C, (1.8) any 3 dives from **3 different groups**
Boys and Girls 3M-100, 200, 001D, 101A,B or C, (1.9) any 3 dives from **3 different groups**

**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 **3 different groups**
Novice Synchro

13& Under -1m boards only. Teams can be mixed (Boys and Girls)
4 Dives or Jumps. No DD limit. True DD

14& Up 1m or 3m. Teams can be mixed (Boys and Girls)
4 Dives from different groups. No DD Limit. True DD

Junior Olympic

9 and Under (4 dives) Group E
3 voluntary (different group) Max DD 5.4 on 1 meter and 5.4 on 3 meter
1 optional (different group)

11 and under (5 dives) Group D
3 voluntary (different group) Max DD 5.4 on 1 meter and 5.4 on 3 meter
2 optional dives (different group)

12/13 Boy’s (8 dives) Group C
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) Group C
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) Group B
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) Group B
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 (6 dives) Group A
1 voluntary (Assigned 1.8 DD)
5 optional dives (different groups)

16/18 Girls (6 dives) Group A
1 voluntary (Assigned 1.8 DD)
4 optional dives (different groups)

13&under Synchro Boys or Girls or Mixed
2 voluntary dives Assigned DD of 2.0
3 optional dives without limit (vols & Opts only need cover 3 categories)

14&over Synchro Boys or Girls or Mixed
2 voluntary dives Assigned DD of 2.0
3 optional dives without limit (vols & Opts only need cover 3 categories)
HOTEL INFORMATION FOR LAURA WILKINSON DIVE MEET

This year, we have secured several hotels in the area (listed alphabetically, below) that are offering group rates for you and your team. Each hotel has a limited number of rooms available for visiting teams. The links below are “live” and you can use them to book your rooms at any time, however, please pay attention to each individual properties cut-off date. Please feel free to pass this information along to your parents/divers or anyone who would be interested in hotel rooms for the weekend. We would like to strongly encourage you to patronize these properties while you are here for the meet.

Best Western Plus: $85 + tax, complimentary hot breakfast, WiFi and parking
Cut-off date: March 15, 2019
17081 I 45 South
The Woodlands, Texas  77385
936-271-2378
[Best Western Plus Woodlands Diving Meet Reservation Link]

Candlewood Suites: $79 + tax, complimentary WiFi and parking
Cut-off date: March 15, 2019
17525 St. Lukes Way
The Woodlands, TX  77384
936-271-2100
Contact: Dana Gibbs
Please call the hotel directly to book. Ask for Woodlands Diving group rate.

Courtyard by Marriott: $99 + tax, complimentary WiFi and parking
Cut-off date: March 4, 2019
1020 Lake Front Circle
The Woodlands, TX  77380
281-292-3262
[Book your Group Rate at Courtyard by Marriott for Woodlands Diving Meet](link has access to both Courtyard and Residence Inn. Please note which property you booked at.)

Embassy Suites-Hughes Landing: $149 + tax, complimentary made-to-order breakfast and managers evening reception. Valet parking only.
Cut-off date: March 9, 2019
1855 Hughes Landing Blvd.
The Woodlands, TX  77380
281-298-2900
Call 1-800-Embassy or 281-298-2900 hotel direct to make reservations 24 hours a day and request the group code "GDI" or ask for the "Laura Wilkinson Golden Diving Invitational" group rate.

OR

Go to [thewoodlandsembassy.com](http://thewoodlandsembassy.com)
1. Add needed dates: 4/5 – 4/7
2. Click on "Add special rate codes"
3. In the GROUP CODE BOX (not promotional code box) type "GDI"
4. Click on "Check Rooms and Rates"
Fairfield Inn and Suites: $109 + tax, complimentary hot breakfast, WiFi and parking
Cut-off date: March 18, 2019
16850 I-45 South
The Woodlands, TX 77384
936-271-0110
Book your group rate for Laura Wilkinson Golden Diving Invitational at Fairfield Inn

Hilton Garden Inn: $115 + tax, complimentary hot breakfast, WiFi and parking
Cut-off date: March 15, 2019
9301 Six Pines Drive
The Woodlands, TX 77380
281-364-9300
Hilton Garden Inn booking link for Woodlands Diving Club

Hyatt Place: $119 + tax, complimentary WiFi and parking
Cut-off date: March 12, 2019
1909 Research Forest Drive
The Woodlands, TX 77380
281-298-4600
Please call Hyatt Place Reservations at 855-312-7268 and Request the group code G-WDIV

OR

1. Please follow this link to the hotel website: Hyatt Place Woodlands Diving
2. On the Hotel Website, please enter the dates of the group (4/5-4/7) and click on “Check Rates”.

Residence Inn by Marriott: $99 + tax, complimentary parking
Cut-off date: March 4, 2019
1040 Lake Front Circle
The Woodlands, TX 77380
281-292-3252
Book your group rate at Courtyard by Marriott for Woodlands Diving Meet
(link has access to both Courtyard and Residence Inn. Scroll down for Residence Inn. Please note which property you booked at.)