



7-9 Girls/Boys LA84 - 1m Novice
Divers shall perform 5 dives in the event. 2 Skill Dives. and 3 Optional Dives. Optional dives must be from 2 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc. Any dive can be used as Optional.
10-11 Girls/Boys LA84 - 1m Novice
Divers shall perform 5 dives in the event. 2 Skill Dives. and 3 Optional Dives. Optional dives must be from 2 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc. Any dive can be used as Optional. For detailed information see the Official meet information document
12-13 Girls/Boys LA84 - 1m Novice
Divers shall perform 6 dives in the event. 2 Skills 1 Voluntary Dives and 3 Optional Dives. Optional dives must be from 3 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc 3rd. dive 101abc. Any dive can be used as Optional. For detailed information see the Official meet information document
14-17 Girls/Boys LA84 - 1m Novice
Divers shall perform 7 dives in the event. 2 Skill Dives and 5 Optional Dives. Optional dives must be from 3 different groups. You can select Skills for this event. May not repeat Dives. 1st. dive 100abc 2nd. dive 200abc Any dive can be used as Optional.

Mandatory Skills Include

100abc (Front Jump in straight, tuck or pike (200abc (Back Jump in straight, tuck or pike)

Other Skills:

001 ABC (Front Line Up), 002ABC (Back Line Up), 300ABC (Reverse Jump), 400ABC (Inward Jump, 501 (Front Jump ½ twist), 5201 (Back Jump ½ twist), 5301 (Reverse Jump ½ twist), 5401 (Inward Jump ½ twist), 5102 (Front Jump 1 twist), 5202, ect...

Example Dive List for 7-9 YO = 100a 200a 300a 400c 5101a

Example Dive List for 10-11 YO = 100a 200a 101c 002a 102c

Example Dive List for 12-13 YO = 100c 200c 101b 103c 002a 401c

Example Dive List for 14-17 YO – 100a 200b 001b 102c 002a 400a 401c