

Order
of
Diving

SUBURBAN AQUATIC LEAGUE LEAGUE CHAMPS DIVING FORM

Name			Age Group					Place					
Club Affiliation			Meet SAL League Championships					Men	Women				
Site			Date					Points					
Diver's Signature			Diver's Coach										
Dive Number	Pos. A,B, C,D	Dive Description	D.D.	Judges' Score							Net Total		
				1	2	3	4	5	6	7			
1		S R FWD BCK REV INW										AWARD	
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
2		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
3		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
4		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
5		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
6		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
7		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											
8		S R FWD BCK REV INW											
		Dive Som Tw											
		Fly Tuck Pike Lay Free											

Required Dives (League "A" Champs):

11 & Under - 101, 201, and 3 optionals from at least 2 groups (5 dives total)

12-14 - 101, 201, 401, and 3 optionals from at least 3 groups (6 dives total)

15 & Over - 101, 201, 301, 401 and 4 optionals from at least 3 groups (8 dives total)

2 DIVE SHEETS EACH DIVER ON WHITE PAPER