

MIDLAKES DIVE REQUIREMENTS

AAU Club Number: WYTAYY

6 Dives Total

17&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 4 Groups

14&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 4 Groups

6 Dives Total

17&U B= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

14&U B= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

12&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

5 Dives Total WW6TDF

12&U B= 1 Req Front Dive @ 1.9 D.D., 4 remaining Dives to come from 3 Groups

10&U A= 1 Req Front Dive @ 1.9 D.D., 4 remaining Dives to come from 3 Groups

4 Dives Total

10&U B= 1 Req Front Dive @ 1.9 D.D., 3 remaining Dives to come from 2 Groups

8&U A= 1 Req Front Dive @ 1.0 D.D., 3 remaining Dives to come from 2 Groups

3 Dives Total

8&U B= 1 Req Front Jump @ 1.0 D.D., 2 remaining Dives to come from 2 Groups

Forward and Backward jumps are 1.0 D.D. and can be used as a Group requirement.

Jumps CANNOT replace the required front dive.

The Five Groups are: Forward, Back, Reverse, Inward and Twist.

True D.D. is to be used except for where indicated on dive sheet (case of required dive or 8&U and 10&U
Back

Dive ½ twist = 1.0 D.D.)

Additional Championship Dive can be from any group.

It is okay to have dives from more than the required number of groups but not less.