



DIVE MEETS 101: A Guide to Meets and the Sport of Diving

What Time do Pre-Meet Warm-Ups Begin?

Home dive meet warm ups begin 1 hour before the meet. Away meet warm-ups begin 30 minutes before the meet. Please arrive 15 minutes ahead to park, put on sunscreen, etc. If this is your first dive meet, please find our team. Divers should sit with the team in the bullpen (usually somewhere on the pool deck). All divers should do one warm up jump, and one practice of each dive. After that, please return to the bullpen. Older divers have 4-5 dives, and therefore need more warm-up time.

What to Bring to a Dive Meet:

- At least two towels and/or a "Sammy" to dry-off and keep warm. Divers should dry off in between dives so they don't slip when holding legs in a flip.
- Extra Clothing: If it is cool outside, it is nice to have a sweatshirt/sweatpants.
- Entertainment: There is a lot of down time at a meet. A small game or fidget could be helpful.
- Water and snacks are a good idea as meets can get long. At home meets, snacks must be consumed on the upper deck (not the pool deck).
- Concessions: The Sunset Hills concessions stand is open during dive meets should you need a snack or drink for your diver.
- Diving Etiquette: Divers and families should remain as quiet as possible when divers are on the board, preparing for a dive. Feel free to cheer after they enter the water. Do not walk in front of judges during a dive meet.

What is the Order of Events?

Divers dive in order from youngest to oldest, typically girls, then boys. Sometimes the girls and boys are combined. Each diver will do their first dive (as announced - listen to the announcers). If they are not sure what to do, please ask for the dive to be repeated, or ask a coach! You don't want to do the wrong dive. Each diver then does their second dive, and so on. After you are finished diving, you are technically free to go, unless you

want to stay for results. We encourage you to stay and cheer for your teammates as well!

How Many Dives Does My Child Perform?

- 8 & under: two dives, two different numbers
- 9-10: three dives of different numbers, 2 from different series
- 11-12: four dives of different numbers, three from different series
- 13-14: four dives of different numbers, three from different series
- 15-18: five dives of different numbers, four from different series

Scoring & Results: Divers are awarded five scores from five judges. The high and the low score are dropped. The middle three scores are added, and multiplied by the degree of difficulty. Scores from each dive are added together. Results may not be announced at the end of the meet, especially if there is a swim meet afterwards. I will post results to Sports You and to SportsEngine (I will attach results to the event). Ribbons and dive sheets should be available at the next practice. Please ask a coach for your ribbon and dive sheet.

Meet Commitments: The past few years, we have had 40+ divers on our team. We are limited to diving three boys and three girls in each age group, plus four total exhibition divers. We are doing our best to get everyone in the meets who wants to participate; however, you may be asked to sit out for one meet. Please commit to all meets at the beginning of the season! This helps us plan ahead and to get divers in as many meets as possible. If you need to cancel, please send me a message through Sports You as soon as possible. There may be another diver who we can get in. In order to get as many kids in a meet as possible, some kids will dive up in a higher age group. Other divers will dive "exhibitor"; however we can still write them a ribbon for their true place based on overall scores. Our goal is for everyone to participate as much as possible, and to have fun!

Please reach out to a coach or a dive parent with questions. We look forward to a great season!



Summer 2024 Sunset Hills Dive Team