

27th Annual Lords of the Boards Autumn Classic 2009

MEET SITE	ALL springboard events will be held at: Bridgewater Family YMCA Pool 601 Garretson Road Bridgewater, NJ 08807 (908)526-0688	**Platform events (only) will be held at the Sonny Werblin Recreation Center at Rutgers University (732-445-0467) on Friday November 20th. Refer to the PLATFORM section for information
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DATES November 20th, 21st, 22nd

TIMES Friday: Platform only Warmups - 1:00PM-2:30PM. Start-2:30PM
Saturday: Warmups - 7:00AM-8:30PM. Meet start - 9:00AM
Sunday: Warmups - 7:00AM-8:30AM. Meet start - 9:00AM

MEET DIRECTOR Fred Woodruff, Rutgersdiving@AOL.com

FACILITY: The Bridgewater Family YMCA Pool features Two one meter and one three meter Model B boards on Durafirm stands. Pool depth - 13' 3"

ELIGIBILITY: Open to all AAU registered athletes. Age groups are determined by the divers age on 12/31/09.

- This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

AWARDS Individual: Appropriate awards for the top six place winners in each event. Team: Awards to the top three teams. Scoring for the team championship will be on a 9-7-6-5-4-3-2-1 basis.

ENTRIES Enter the meet at www.Divemeets.com.
All entries are \$30.00 per event. All deck entries accepted with \$25.00 LATE FEE (one or more events). Signed waiver required.

Springboard Event Schedule

Saturday Nov 21st : Warmups 7:00AM-8:30AM and meet starts at 9:00AM

1&2	9/u Boys 1M	&	9/u Girls 3M
3&4	10-11 Boys 1M	&	10-11 Girls 3M
5&6	12-13 Boys 1M	&	12-13 Girls 3M
7&8	14-15 Girls 3M	&	16-18 Girls 1M

9&10 14-15 Boys 3M & 16-18 Boys 1M

Sunday Nov 22nd : Warmups 7:00AM-8:30AM and meet starts at 9:00AM

11&12 9/u boys 3M & 9/u Girls 1M
 13&14 10-11 Boys 3M & 10-11 Girls 1M
 15&16 12-13 Boys 3M & 12-13 Girls 1M
 17&18 14-15 Girls 1M & 16-18 Girls 3M
 19&20 14-15 Boys 1M & 16-18 Boys 3M

Girls & Boys 9/u	# Dives	Vols	Vols. DD	#Opts.
1M	4	3	5.0	1 Opt
3M	4	3	5.4	1 Opt

Girls & Boys 10-11	# Dives	Vols	Vols. DD	#Opts.
1M	5	3	5.0	2 Opt from 2 Groups
3M	5	3	5.4	2 Opt from 2 Groups

Girls & Boys 12-13	# Dives	Vols	Vols. DD	#Opts.
1M	6	4	7.2	2 Opt from 2 Groups
3M	6	4	7.6	2 Opt from 2 Groups

Girls 14-15	# Dives	Vols	Vols. DD	#Opts.
1M	7	5	9.0	2 Opt from 2 Groups
3M	7	5	9.5	2 Opt from 2 Groups

16-18 G & 14-15 B	# Dives	Vols	Vols. DD	#Opts.
1M	8	5	9.0	3 Opt from 3 Groups
3M	8	5	9.5	3 Opt from 3 Groups

Boys 16-18	# Dives	Vols	Vols. DD	#Opts.
1M	9	5	9.0	4 Opt from 4 Groups
3M	9	5	9.5	4 Opt from 4 Groups

Novice List Requirements

Age Groups	One Meter	Three Meter
9 and under	100, any 2 dives	001, any 2 dives
10-11	100, 200 2 req & 1 opt	001, 2 req & 1 opt
12-13	100, 200 2 req & 2 opts	001, 2 req & 2 opt
14-15	3 req & 2 opts	001, 3 req & 2 opts
16-18	3 req & 3 opts	001, 3 req & 2 opts

PLATFORM We will be offering platform events on Friday afternoon
 Nov. 20th at the Sonny Werblin Recreation Center at
 Rutgers University. All events will be combined.

Friday Nov 20th Warmups 3:00PM-4:00PM, meet starts 4:00PM

P1&P2 11/u Boys & 11/u Girls Platform
 P3&P4 12-13 Boys & 12-13 Girls Platform

P5&P6 14-15 Boys & 14-15 Girls Platform
P7&P8 16-18 Boys & 16-18 Girls Platform

Platform List Requirements

11/u	2 req & 2 opts
12-13	3 vols(5.4) & 2 opts
14-15	3 vols (5.4) & 3 opts
16-18	(boys)4 vols & 3 opts (girls)3vols & 3 opts

MEET RULES	Divers must have a coach on deck in order to participate in warmups or events. Platform events will not score team points. Novice events will be run concurrently with JO events in each age group.
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*On all days One and Three Meter events will be run simultaneously. Cuts and any other adjustments, including combining events or changing the order of events will be made at the discretion of the Meet Director.

ACCOMMODATIONS

Bridgewater Marriott Hotel

Commons Way

Bridgewater, NJ 08807

1 mile from pool

For reservations please call 800-228-9290 or 908-927-9300

Rooms are reserved until **10/31/09**

under Group name "LOB Diving".

DIRECTIONS TO THE SOMERSET VALLEY YMCA BRIDGEWATER POOL

FROM THE SOUTH Take NJ Turnpike North to exit 10 (Rt 287 North). Follow Rt 287 North to exit 14B and exit to your left (Rt 22 West). Follow Rt 22 West about 1.5 miles and exit to your right onto Commons Way. *Continue on Commons Way to the end of the road (T intersection). Take left onto Garretson Road and follow about 3/10 of a mile. Somerset Valley YMCA is on the right (Across the street from Bridgewater High School). **FROM THE NORTH and POINTS EAST AND WEST** From NY thruway, Rt 80 or 78 take Rt 287 South to Exit 17 (Princeton and Somerville, Rt 206 - 202) After taking exit 17 keep to the right and take the first right exit onto Commons Way. Take Right at light onto Commons Way. Then follow directions above at *.

DIRECTIONS TO SONNY WERBLIN RECREATION CENTER AT RUTGERS UNIVERSITY (732-445-0467)

FROM ROUTE 287 Follow Route 287 to Exit 9 in Piscataway. Take River Road toward Highland Park - Rutgers University. Go to third light (4th light if coming from 287 North). At the light (Hoes Lane) you will see Middlesex County Parks & Rec on right. Continue 3/10 of a mile past this light on River Road. Take LEFT onto Sutphen Road (entrance to Busch Campus). Go up hill and between stadium and bubble to first intersection. Take a LEFT onto Frelingheysen Road. At circle take second RIGHT onto Bartholomew Road. Sonny Werblin Rec Ctr will now be on your left. Take next LEFT onto Brett Road. Stay on Brett Road - it will curve to the left into the parking lot next to the recreation center. Follow sidewalk left around building to Front Entrance.

From the NJ Turnpike take Exit 9 and then keep right at toll for Route 18 North. Follow Route 18 North to the end crossing the river on Lynch Bridge. Take second exit after bridge for BUSCH CAMPUS, Campus Road. Take Campus Road to Circle and take first right onto Bartholomew Road. Sonny Werblin Rec Ctr will now be on your left. Take next LEFT onto Brett Road. Stay on Brett Road - it will curve to the left into the parking lot next to the recreation center. Follow sidewalk left around building to Front Entrance.

PLEASE PRINT THIS WAIVER, COMPLETE, SIGN AND SUBMIT IT AT CHECK-IN

**LOB Autumn Classic 2009
Registration Form**

In signing below, I verify the events in which I am entered and that I am a registered amateur athlete according to the rules and regulations of the Amateur Athletic Union and that in consideration of your accepting this entry, I, intending to be legally-bound hereby for myself, my heirs, executors, and administrators, waive any and all rights I may have against the Amateur Athletic Union, the local Diving Committee, the Meet Sponsors, and my diving Club or Team, their agents, representatives, successors, or assignees for any and all injuries to me in, on, or at said meet and premises.

Name _____ Age _____ Birthdate _____

Club Affiliation _____ Coach _____

Address _____
street city state Zip

Phone Number (_____) _____ AAU# _____

Email Address _____ Year of school _____

Please indicate the events you are entering by writing the appropriate **event number** in the space provided.

	JO	Novice
One Meter	_____	_____
Three Meter	_____	_____
Platform	_____	

Please Sign below

Signature of Entrant

Signature of Parent

Be sure to support your kids and team in our meet program – only \$5 per line

Email or mail to Meet Director by November 6th