**LOCATION:** MILLARD NORTH HIGH SCHOOL

1010 SOUTH 144TH STREET – OMAHA, NEBRASKA

**DATE:**  SATURDAY, JANUARY 16th 2021

### NO SPECTATORS ALLOWED. ONLY COACHES AND DIVERS.

**We will host a Facebook Live Event Broadcasted on Millard North Swim and Dive page. Link Listed Below.**

[**Facebook Live Event Link**](https://www.facebook.com/events/228375292157792/Vc9NjI3PSFxOjUpNyFuYzo3Nj03NiF0bmBpZnNydWI6ND4wZjBiNzY1ZD5kZGU0NmM%2BZDQ%2BPz8xZDMyMTJkMGNkMGFjYjcwZiFzOjYxNjcxNDcxPjEhdm5jOjY3QkNIcndENzcxPzQzKjY3QkNIcndCNzcxPzQzIXVkd3M6bXVldWZjfkdqd3RoamZvZilodWAhZDo0MCFvY2s6Nw%3D%3D%26url%3Dhttps%3A//www.facebook.com/events/228375292157792/)

 Girls and Boys will dive separately.

* + GIRLS WARMUP begins at **8:30am.**

20 min. Warm Up #1 @ 8:30am - Papio(1) Westside(3) Millard North(2)

 Millard West(3) Bellevue West(1)

20 min. Warm Up #2 @ 8:50am - Norfolk(1) Lin Southeast(1) Lin Pius X(3) Duch/Mercy(2)Lin East(2)

15 min. OpenBoards @ 9:10am

* + GIRLS COMPETITION START: **9:30am**
	+ BOYS WARMUP will begin immediately following the conclusion of the girls competition and awards. (Estimated warm-up start time between 12 -12:30pm)
	+ BOYS COMPETITION START: 1 hour after the start of the boys warm-up.

20 min. Warm Up #1 - Papio(1) Millard North(2) Millard West(3) Westside(3)

20 min. Warm Up #2 - Norfolk(1) Lin Southeast(1) Lin Pius X(3)

 Bellevue West(2) Lin East(2)

15 min. OpenBoards

* 11 Dives.  There will be cuts after rounds 5 and 8, however, as this is a varsity level meet, only those divers who can Safely complete a full 11 dive list will be allowed to compete.
* There will be a 15-minute break after rounds 5 and 8 where we will cut down to 18 and 12 divers respectively.

**When you arrive, please come up to the scoring table and grab your official sheets to double check, make any changes, sign, and turn in.**

***NOTE*:** A certified staff member must be present during warm-ups and competition

***HELPFUL TIPS WHEN FILLING OUT YOUR DIVE SHEETS***:

1. Please Circle all of your Voluntary dives, one from each dive category. There should be:

* 2 voluntaries in the top 5 rounds
* 2 voluntaries in rounds 6-8
* 1 voluntary in rounds 9-11

2. Whatever category you triple up on, remember you must have one of those Optionals in rounds 9 through 11.

**COVID SAFETY**

In efforts to keep our divers and families safe with social distancing:

* Teams will have assigned seating around the pool deck and adjacent area. Each team must remain in their assigned team area if they are not competing.
* Athletes are expected to wear masks when they are not on the boards. There are also spots marked 6 feet apart for divers to stand on while they wait in line to help with proper social distancing.
* Only participating HS coaches and athletes are permitted on deck.

E-MAIL DIVE ENTRIES TO: [jrbrady@mpsomaha.org](http://jrbrady@mpsomaha.org)

Any further questions please contact Jeffrey Brady

Cell Phone: 402-740-8586

E-mail: [jrbrady@mpsomaha.org](http://jrbrady@mpsomaha.org)

Please let me know if you have any questions.

Jeffrey Brady

Millard North Diving