**LOCATION:** MILLARD SOUTH HIGH SCHOOL

14905 Q STREET – OMAHA, NEBRASKA

**DATE:**  JANUARY 8th 2021

**PARTICIPATING TEAMS:**

LINCOLN EAST LINCOLN SOUTHEAST LINCOLN SOUTHWEST MILLARD NORTH MILLARD SOUTH MILLARD WEST

NORFOLK OMAHA BURKE PAPILLION-LAVISTA/SOUTH

**ENTRIES DUE:** MONDAY, JANUARY 4th, 2021 by 12:00 PM Entries received past this deadline will not be accepted.

**ENTRIES**: Each team may enter 4 male and 4 female divers.

**SWIMMING**

**FORMAT**: No Swimming Invite this year.

**DIVING:** Diving will be held on Friday January 8th, 2021.

**RULES:** 2020-2021 National Federation Rules will govern with 12-Place Scoring.

**SCORING:**  This diving invite will not be scored.

**AWARDS:** Medals for Top-Six at the conclusion of meet.

**ENTRY FEE:** $50 Per School

### ADMISSION: $No Admission Fee on Friday Diving. 2 Spectators per participant.

# **FRIDAY JANUARY 8TH, 2021 - DIVING**

\*\*Diving sheets must be turned \*\* MONDAY, JANUARY 4TH 2021 by 12:00 PM. Late entries will not be accepted.

The diving competition will take place on Friday January 8th. Each team is allowed maximum entries of 4 boys and 4 girls: Please send completed 11-Dive Sheets to Millard South head swim coach, Tyler Hammond at tlhammond@mpsomaha.org NO LATER THAN NOON on Monday, January 4th

**FORMAT**:

* Girls and Boys will dive separately.
* There will be two separate warm-ups of 20 minutes each followed by a 15 minute open warm up. Teams will be assigned specific warm-up times once all entries are in.
	+ GIRLS WARMUP begins at 9:00am.
	+ GIRLS COMPETITION START: 10:00am
	+ BOYS WARMUP will begin immediately following the conclusion of the girls competition and awards. (Estimated warm-up start time between 12:30 and 1pm)
	+ BOYS COMPETITION START: Exactly 1 hour after the start of the boys warm-up.
* 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. 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. Hooks are provided behind the boards for when masks are not in use.
* 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.
* Only 2 spectators per participant will be allowed in the stands. There are stickers on the bleachers that have been spaced out according to COVID Safety guidelines. Masks must be worn by all spectators.

E-MAIL DIVE ENTRIES TO: tlhammond@mpsomaha.org

 Or you can Fax: 402-715-6305

Please submit your diving entries using the edive sheet format or on the state provided diving sheet, which can be found at the following link: <http://www.nsaahome.org/nsaaforms/pdf/dvg.pdf>

Any further questions please contact Tyler Hammond Head Swim Coach MSHS

Pool Phone: 402-715-8489

Cell Phone: 402-980-9216

E-mail: tlhammond@mpsomaha.org

Please let me know if you have any questions.

With Gratitude,

Becky Sedlacek

Millard South Diving