



2022 NVSL Wally Martin 3 meter and Synchro Meet

Sunday, July 10, 2022

Oak Marr Rec Center, 3200 Jermantown Rd, Oakton, VA 22124

Meet Entry: Entries for the Wally Martin 3 meter event are done online through www.divemeets.com. There is a \$5 entry fee for the 3M event. Synchro event is by paper (see more info on page 2 of this flyer). This event is free.

For divers with existing divemeets accounts:

- Log in to your divemeets account and go to the link that says “pool deck.” Select the Wally Martin meet and register for the appropriate age group following the prompts. **Full rules [here](#).**

For new divers and coaches:

- Coaches need to create a coach profile associated with pool so athletes can select their coach.
- Once the coach is in the system, divers need to create an athlete profile and assign NVSL pool and coach to their profile. Instructions are found [here](#).
- Once an account is created, log in and go to the link that says “pool deck” where you will find the Wally Martin meet as an option. Follow the prompts to sign up.

Deadline for signing up is 9pm Friday July 8, 2022

LATE ENTRIES: Divers may sign up on deck by turning in a completed meet sheet along with a \$25 deck registration fee. All participants of this meet must be on a family membership of a current NVSL pool as defined in the NVSL Handbook.

Practice Schedule: Friday July 1 6:00-8:00 pm

Friday, July 8 5:00-9:00 pm

Saturday July 9, 2022 4:00-7:00 pm

<https://www.signupgenius.com/go/10C0C49A4A72FA57-wally2>

DRAFT Event Start Times*

7:15	Freshmen Girls check-in	11:00	Intermed. Girls/Boys Check-In
7:30-8:00	Freshmen Girls warm ups	11:15-11:45	Intermed. Girls/Boys Warm-Up
8:00	Freshmen Girls Event	11:45	Intermed. Girls/Boys Event
8:00	Freshmen Boys check-in	12:00	SR Girls Check-In
8:15-8:45	Freshmen Boys warm ups	12:15-12:45	SR Girls Warm-Up
8:45	Freshmen Boys Event	12:45	SR Girls Event
9:00	Junior Girls check-in	1:00	Senior Boys Check In
9:15-9:45	Junior Girls Warm-up	1:15-1:45	SR Boys Warm-Up
9:45	Junior Girls Event	1:45	SR Boys Event
10:00	Junior Boys check-in	2:30	12U Synchro Meet Warm-up
10:15-10:45	Junior Boys Warm-Up	3:00	Synchro Event (12U boys and girls combined)
10:45	Junior Boys Event		Upon Completion-13U Synchro warm-up/event

***There will be no Open Warm-up. We have added extra warm-up time before each event. Schedule will be updated to reflect actual registration numbers. Times above are draft, and based on past registration. Small events may be combined to expedite meet.**



**2022 Wally Martin
1 Meter Synchro Event
July 10, 2022**

Oak Marr Rec Center, 3200 Jermantown Rd, Oakton, VA 22124

General Info:

- The 1 Meter Synchro Meet is to develop basic skills in synchronized diving.
- Approximate start time is 3:00 pm. ***We will start early if 3M meet completes early***
- Teams may be comprised of divers from different NVSL Dive teams.
- There is no fee to register (if before the 7/8 deadline)

Full Rules: https://dive.mynvsl.com/file/35185/2022__Synchro_Meet_Ruleset_pdf

Age Groups:

12 & under- Boys and Girls

101 (any position, no fall ins)
201 (any position, no fall ins)
1 optional dive

13 & Up

101 (any position, no fall ins)
201 (any position, no fall ins)
2 Optional dives from different groups

Practice Schedule:

Friday July 1 6:00-8:00 pm

Friday, July 8 5:00-9:00 pm

Saturday July 9, 2022 4:00-7:00 pm

Sign up for practice here:

<https://www.signupgenius.com/go/10C0C49A4A72FA57-wally2>

Meet Sheets

- Divers must submit a paper meet sheet.
- Synchro event meet sheets are available online at dive.mynvsl.com. These sheets are NOT the same as the regular NVSL meet sheets. There is no electronic registration for the 1-meter synchro event.

Registration

Registration deadline is Friday, July 8th at 9:00 PM

- Entries may be scanned and emailed to the meet manager: comtnclimr@gmail.com.
- Mailed entries must be received by 7/8 at: 6718 Van Fleet Dr. McLean VA 22101.
- Hand Delivered to Meet Director at the Friday 7/8 practice
- A confirmation email will be sent to each synchro team to verify receipt.
- There is a \$25 late registration fee for registrations received after 9pm 7/8
- All registrations must include an email address to allow for contact in the case that there are issues with the meet sheets.
- Please direct all questions to the meet manager Stacey Brooks: comtnclimr@gmail.com.