



## 2023 NVSL Wally Martin 3-meter and Synchro Meet

**Sunday, July 9, 2023**

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](http://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 7, 2022**

**LATE ENTRIES:** Divers may sign up on deck by turning in a completed meet sheet along with a \$20 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 7 5:00-8:00 pm      Saturday July 8, 2022 4:00-6:00 pm  
<https://www.signupgenius.com/go/10C0C49A4A72FA57-wally3>

### DRAFT Event Start Times\*

7:00	Freshmen Girls check-in	11:00	Intermed. Girls/Boys Check-In
7:00-7:40	Freshmen Girls warm ups	11:15-11:45	Intermed. Girls/Boys Warm-Up
7:45	Freshmen Girls Event	11:45	Intermed. Girls/Boys Event
7:45	Freshmen Boys check-in	12:00	SR Girls Check-In
8:00-8:45	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	2:00	12U Synchro Meet Warm-up
10:15-10:45	Junior Boys Warm-Up	2:30	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. 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. If we are running ahead of schedule, we will start early, so please keep an eye on NVSL Twitter and divemeets.com to track event progress.**



**2023 Wally Martin  
1 Meter Synchro Event  
July 9, 2023**

**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 2:00 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 7/7 deadline)

**Full Rules:** [https://dive.mynvsl.com/file/35859/2023\\_\\_Synchro\\_Meet\\_Ruleset\\_pdf](https://dive.mynvsl.com/file/35859/2023__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 7 5:00-8:00 pm**

**Saturday July 8, 2022 4:00-6:00 pm**

<https://www.signupgenius.com/go/10C0C49A4A72FA57-wally3>

**Meet Sheets**

- Divers must submit a paper meet sheet.
- Synchro event meet sheets are available online at [dive.mynvsl.com](https://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 7th at 8:00 PM

- Entries may be scanned and emailed to the meet manager: [comtnclimr@gmail.com](mailto:comtnclimr@gmail.com).
- Mailed entries must be received by 7/7 at: 6718 Van Fleet Dr. McLean VA 22101.
- Hand Delivered to Meet Director at the Friday 7/7 practice
- There is a \$20 late registration fee for registrations received after 8pm on 7/7
- 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](mailto:comtnclimr@gmail.com).