



2024 NVSL Wally Martin Dive Meet

Sunday, July 7, 2024

Oakmont (formerly, Oak Marr) Rec Center, 3200 Jermantown Road
Oakton, VA 22124

Meet Entry: Entries for the **Wally Martin 3-meter event** are done online through www.divemeets.com. There is a \$5.00 entry fee for the 3M event. Synchro event is run by paper (see more info on page 2 of this flyer). The Synchro event is free.

For divers with existing divemeets accounts:

- Log in to your divemeets account and go to the “pool deck” link. Select the Wally Martin meet and register for the appropriate age group following the prompts. **Full rules are found 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 5:00 pm Friday July 5, 2024

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

We have reserved the specific days/times for practice. Please sign up here:

<https://www.signupgenius.com/go/20F084AA8AD28AA8-49830832-wally>

Saturday, June 29, 2024 4:00-6:00 pm

Friday, July 5, 2024 5:00-8:00 pm

Saturday July 6, 2024 4:00-6:00 pm

DRAFT Event Start Times *

7:00	Freshmen Girls Check-in	11:00	Int Girls/Boys Check-in
7:00-7:40	Freshmen Girls Warm-up	11:15-11:45	Int Girls/Boys Warm-up
7:45	Freshmen Girls Event	11:45	Int Girls/Boys Event
7:45	Freshmen Boys Check-in	12:00	Senior Girls Check-in
8:00-8:45	Freshmen Boys Warm-up	12:15-12:45	Senior Girls Warm-up
8:45	Freshmen Boys Event	12:45	Senior 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	Senior Boys Warm-up
9:45	Junior Girls Event	1:45	Senior 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 only and based on past registration. Small events may be combined to expedite the meet. If meet runs ahead of schedule, individual events will start early. Please check NVSL Twitter (X) and divemeets.com to track event progress.



2024 NVSL Wally Martin Dive Meet

General Information – Synchro Event

- The purpose of 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 the 3-meter meet finishes early.
- Teams may be comprised of divers from different NVSL Dive teams.
- There is no fee to register (if before the July 5th deadline).

FULL RULES for Synchro Meet may be found here.

AGE GROUPS:

12 & under Boys and Girls

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

13 & Up Boys and Girls

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

PRACTICE SCHEDULE:

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

Saturday July 6th, 4:00-6:00 pm

<https://www.signupgenius.com/go/20F084AA8AD28AA8-49830832-wally>

MEET SHEETS:

- Divers must submit a paper meet sheet.
 - Synchro event meet sheets are available online at https://dive.mynvsl.com/documents?folder_id=26941
- Click on NVSL-SynchroSheet.pdf. 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 5, 2024, at 5:00 pm.

- Entries may be scanned and emailed to the meet manager, Susan Mitchell, at susan.mitchell8894@gmail.com
- There is a \$25 late registration fee for registrations received after 5:00 pm on July 5, 2024.
- Please direct all questions to the meet manager, Susan Mitchell, at susan.mitchell8894@gmail.com