



# 2025 NVSL Synchro 1-Meter Dive Meet

## *Tuesday, July 22, 2025*

Vienna Woods Swim and Tennis Club  
123 Harmony Drive SW  
Vienna, VA 22180

**Meet Entry:** Entries for the **Synchro 1-meter meet** are submitted on **Meet Sheet found here.** Click on NVSL-SynchroSheet.pdf. These sheets are NOT the same as the regular NVSL meet sheets.

- The purpose of the **Synchro 1-meter Meet** is to develop basic skills in synchronized diving.
- Approximate start time is 3:00 pm (warm-ups will be earlier).
- Teams may be comprised of divers from different NVSL Dive teams.
- There is no fee to register (if before the July 20th 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

### REGISTRATION:

Registration deadline is Sunday, July 20, 2025, at 5:00 pm.

- Entries may be scanned and emailed to the meet manager, Susan Mitchell, at [susan.mitchell8894@gmail.com](mailto:susan.mitchell8894@gmail.com)
- There is a \$25 late registration fee for registrations received after 5:00 pm on July 20, 2025.
- Please direct all questions to the meet manager at [susan.mitchell8894@gmail.com](mailto:susan.mitchell8894@gmail.com)