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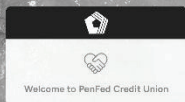
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Northern Virginia Swimming League (NVSL®)

FOREWARD

The Northern Virginia Swimming League was founded in 1956 to sponsor competitive swimming and diving events and activities among community swimming pools of Northern Virginia, and to develop in the children participating in this program --

***A love for the sport, advanced aquatic skills, teamwork,
and the principles of good sportsmanship.***

The rules for the Northern Virginia Swimming League are predicated upon a program which:

- a) Groups all participating pool organizations into divisions of approximately six pools each, with a pool being assigned to a specific division in accordance with a seeding procedure approved by the League.
- b) Provides a basic swimming program of approximately five dual meets, Division Relay Carnivals, an All-Star Relay Carnival, Division Individual Championships, and an Individual All-Star Meet.
- c) Provides a diving program consisting of dual meets, Division Diving Championship meets, a Diving All-Star meet, and a 3-meter meet.

The League strives to improve these rules to ensure fair and equitable competition. In furtherance of these goals, the League welcomes the participation of athletes, officials, coaches, and parents with a disability in NVSL events and activities.

STANDARDS OF CONDUCT

The following Standards of Conduct shall guide swimming and diving within the Northern Virginia Swimming League (NVSL). They promote respect, fairness, civility, honesty, responsibility, and appropriate behavior. These Standards foster a positive environment at all swim and dive meets; establish an atmosphere of respect for all participants, officials, and spectators; produce positive learning outcomes for all; build participant and team spirit; and enhance the sports of swimming and diving.

All Athletes, Coaches, Team Representatives, Officials, Parents, Spectators, and NVSL Leadership shall:

- Abide by the established rules of the NVSL.
- Respect all officials at all times and address them in a courteous manner.
- Avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, (including through social media), verbal or physical assault toward any athlete, coach, Team Representative, official, NVSL leadership representative, or spectator.
- Follow applicable management, pool, and facility rules, respecting others' property at all times.
- Display respect, courtesy, and good manners toward athletes, coaches, Team Representatives, and spectators. Team Representatives shall assist officials in maintaining control of spectators during meets.
- Demonstrate humility in victory and courtesy in defeat.

Head Coaches shall:

- Ensure athletes and assistant coaches demonstrate maturity and good sportsmanship toward other athletes, officials, coaches, and spectators at all times.
- Lead by example to instill a love for the sport, advanced aquatic skills, teamwork and good sportsmanship in their team.

Spectators shall:

- Maintain an appropriate distance from the competition area by remaining in established viewing areas and shall not encroach the pool deck or interfere with any officials.
- Not engage in loud, intimidating, disrespectful, or negative behavior toward officials, athletes, other spectators, support personnel, or pool staff (including lifeguards).

OATHS

Athletes & Coaches:

As representatives of all athletes and coaches, we promise that we will take part in this NVSL competition, respecting and abiding by the rules and standards of conduct which govern it, in the true spirit of sportsmanship, for the advancement of the sport and the honor of our teams.

Officials:

As representatives of all judges and officials, we promise that we will officiate in this NVSL competition with impartiality, respecting and abiding by the rules and standards of conduct which govern it, in the true spirit of sportsmanship.



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VOLUNTEER RECOGNITION & PAST PRESIDENTS

The Northern Virginia Swimming League was formed in 1956. The success of the League is dependent on the volunteer support of many swimmers' parents and of friends of aquatic sports. The NVSL wishes to thank all of those who have donated their time so that approximately 17,000 swimmers and divers can participate in this league each year. More than 2,500 family and friends volunteer across the league on any given meet day in addition to those who help throughout the season and the year, giving their time, energy, food and funds to create a wonderful program that not only builds a love for the sport of swimming and advanced aquatic skills, but builds teamwork, principles of good sportsmanship, a stronger community, and memories to last a lifetime! While it would be impossible to thank all of those who contribute so much each year, the following is a list of Past Presidents who are representative of our many volunteers.

1956-57	John Connelly	1989-90	Steve Alterman
1958	J. N. Swarthley	1991-92	Judy Strauss
1959-60	Jack McGregor	1993-94	Dick Rankin
1961-62	Richard Kane	1995-96	Bob Mahony
1963-64	Don Stocking	1997-98	Bill Lind
1965-66	J. T. Gissendanner	1999-00	Jay Copan
1967-68	John Horgan	2001-02	Lynn Black
1969-70	A. E. Highley	2003-04	Rick Hoffman
1971-72	George Falck	2005-06	Rick Healy
1973-74	Gene Zink	2007-08	Steve Burnley
1975-76	Gail Frank Sedgwick	2009-10	Christine Loeser
1977-78	Bill Gillen	2011-12	Jack Schaeffer
1979-80	Dick Young	2013-14	Jim Shlesinger
1981-82	Bill Bancroft	2015-16	Bill Cook
1983-84	Pierre Brosseau	2017-18	Kelly Parry
1985-86	Peter Marino	2019-20	Nancy Jessen
1987-88	Ray Kstesky	2021-22	Jen Sayasithsena



SCHOLARSHIP PROGRAM

In 1991, the NVSL decided to honor one of its graduating seniors, swimmer and/or diver, with a gift that would be used to help defray some of the costs of his/her collegiate career; thus, the MacDuff Scholarship (now named the Community Service Scholarship) was instituted. In 1994, the Presidents' Scholarship was inaugurated. In 2008, a third scholarship was awarded in honor of Olivia Aull and named the Spirit Scholarship. A fourth scholarship was added in 2014 and named in honor of Joan Olson, the Sportsmanship Scholarship. The Excellence in Technique Scholarship, a memorial scholarship in honor of Lou Sharp was added in 2017. These five scholarships are supported by contributions from members and friends of the NVSL and are open to swimmers and divers. Contact askNVSL@gmail.com to contribute.

Community Service Scholarship

The Community Service Scholarship was created in memory of the many NVSL swimmers, divers and volunteers. This scholarship was named for George MacDuff and his daughter, Melinda. George served for many years as the League's Records Chairman.

1991	Cara Garvey	(FP)	2006	Brian Fletcher	(R)
1992	Brian Craft	(BF)	2006	Molly Turner	(MVP)
1993	Christina Hagopian	(IC)	2007	Mara Bealy	(G)
1994	Jennie Stallings	(THA)	2007	Caroline Manning	(FS)
1995	Brian Gaffney	(OAK)	2008	Katie Nelson	(CH)
1996	Valerie Ann Stasik	(S)	2009	Andrew Fran	(CCC)
1997	Stephen LaGarde	(S)	2010	Chloe Grishaw	(SHB)
1998	Dana Lea Nelson	(THA)	2011	Kelly Corish	(DL)
1999	Mary Catherine Manning	(FS)	2012	Katherine Van Winkle	(DL)
1999	Stephen Krebs	(THA)	2013	Nicolette Powell	(OAK)
2000	Susan Kasimer	(A)	2014	Elizabeth Georgie Jones	(SHB)
2000	Andrew Velarde	(LE)	2015	Clare Kehoe	(CH)
2001	Katherine Payne Reid	(KG)	2016	Sandy Kendall	(HRA)
2001	Greg Landrum	(SRA)	2017	Aidan Jones	(SHB)
2002	Elizabeth Ann Wasilewski	(OAK)	2018	Mia Oppler	(WG/RH)
2002	Jennifer L. Piantedosi	(PC)	2019	Leah Horan	(T)
2003	James 'Shea' Manning	(FS)	2020	Rylie Kiefaber	(LRR)
2003	Elizabeth McConville	(WC)	2021	Kate Walter	(L)
2004	Katie Guida	(RG)	2022	Natalie Enochs	(SHB)
2004	Christina Sweeder	(NS)	2023	Sophia Brown	(VW)
2005	Stephannie McKinney	(NS)	2024	Ryan Mitchell	(LV)
2005	Christine Nelson	(CH)	2025	Kate McDermott	(DL)

Sportsmanship Scholarship

The Sportsmanship Scholarship was created in 2014 and named to honor Joan Olson who served as a Director of the NVSL Director and Chair of the Swimming Seeding Committee for many years. She was also a passionate advocate for sportsmanship throughout the league.

2014	Cathryn Kost	(PV)	2020	Madeline Ice	(LG)
2015	Anise Muir	(HF)	2021	Juliana Skopp-Cardillo	(MVP)
2016	Ashley Weldon	(FS)	2022	Sean Cochran	(FX)
2017	Natalie Hohman	(HM)	2023	Haley Roth	(BF)
2018	Hannah Rollins	(LG)	2024	Daniel Chua	(FO)
2019	Cara Patrick	(LRR)	2025	Charlotte Lim	(OAK)

Spirit Scholarship

The Spirit Scholarship was created in memory of athlete Olivia Aull to recognize spirited swimmers and divers from within the NVSL family.

2008	Nicole Sharer	(OAK)	2017	Eleanor Ridgeway	(O)
2009	Jillian Brown	(HTM)	2018	Ian Peverall	(HM)
2010	Natalie Leake	(LG)	2019	Kate Billingsley	(PL)
2011	Julia Choudhury	(LE)	2020	Carrie Morrison	(OH/HV)
2012	Shannon Smith	(WC)	2021	Andrei Zaitsev	(MVP)
2013	Alexander Place	(O)	2022	Grace Martin	(SHB)
2014	Jack Capra	(LE)	2023	Brooke Thomas	(T)
2015	Erin Murphy	(H)	2024	Sienna Schmeck	(HV)
2016	Maureen Duesterhaus	(G)	2025	Norah Emery	(LHP)

Presidents' Scholarship

The Presidents' Scholarship was named to honor all those volunteers who have served the youth of Northern Virginia and especially those who have served as President of the NVSL.

1994	Brian Rosman	(HP/MHC)	2010	Alexander Howe	(HRA)
1995	Linda Popels	(DH)	2011	Beverly Dobrenz	(LE)
1996	John Kowalski	(O)	2012	Sarah Plombon	(VW)
1997	Marianne Koszorus	(T)	2013	Sarah Bergen	(R)
1998	David Dansereau	(LB)	2014	Rachel Anderson	(LRR)
1999	Christopher Williams	(PV)	2015	Allison Davis	(FX)
2000	Margaret Chadbourne	(HM/LHP)	2016	Kirsten Chase	(BKS)
2001	Jiffy Bennett	(RG)	2017	Evan Chase	(BKS)
2002	Aaron Daniel Bergman	(M)	2018	Hannah Karlin	(O)
2003	Parker Ramsdell	(OAK)	2019	Troy Young	(R)
2004	Benjamin Zisk	(OAK)	2020	Madi Flinn	(CSC/OKM)
2005	Justin Anderson	(FME)	2021	Jenna Potoker	(FCE)
2006	Peter Krawczyk	(DL)	2022	Micaela Wells	(CCC)
2007	Katherine Lesniewski	(LRR)	2023	Adam Manley	(CH)
2008	Michael Piantedosi	(PC)	2024	Tessa Jones	(L)
2009	Shannon Yi	(FX)	2025	Ryan Wells	(CCC)

Excellence in Technique Scholarship

The Excellence in Technique Scholarship, created in 2017, is funded by a grant from Mr. Sharp's estate. Lou Sharp was a strong supporter of the NVSL through the Competition Swim Clinics he founded. Under Lou's guidance, generations of swimmers learned stroke technique and a love for the sport of swimming.

2017	Abigail Tisler	(FCE)	2022	Erin Althouse	(LHP)
2018	Martin Salamone	(V)	2023	Emerson Wilson	(OAK)
2019	Alexus Chua	(FO)	2024	Colin McGee	(FH)
2020	Justin Brady	(FO)	2025	Charlotte Bell	(OKM)
2021	Lauren Gagermeier	(CCC)			

Swim Ninja Scholarship

The Swim Ninja Scholarship, which was funded by Swim Ninja, LLC was awarded for four years (2010-2013). It was given to NVSL swimmers who served the community both in and out of the water.

2010	Stephen Sharer	(OAK)	2012	Meghan O'Neill	(CCC)
2011	Christopher 'CJ' Fiala	(SS)	2013	Jennifer Jessen	(FH/A)

Scholarship Application Process

Any graduating high school senior who is an NVSL swimmer and/or diver is eligible to apply for the NVSL scholarships**. Each Team Representative has information about the application process, and copies of the application packet which must be submitted by all applicants. The application packet can also be found on and downloaded from the NVSL website www.myNVSL.com under the documents tab in the Scholarship Program folder.

To be considered for the NVSL Scholarships, applications must be RECEIVED by the NVSL Scholarship Chair **no later than 10:00 PM on JUNE 8, 2026** via email (NVSLscholarship@gmail.com). Incomplete and/or late application packets will NOT be considered. Recipients will be announced on myNVSL.com.

***It is requested that applicants who will be receiving athletic scholarships from their college or university ascertain their eligibility to accept an NVSL swimming/diving scholarship **PRIOR** to submitting the application packet.*

NVSL SAFE PRACTICE GUIDELINES

The safety and conduct suggestions (listed below but not limited to) should be adhered to in order to ensure optimum safety in and around the swimming pool.

- All NVSL participants: Athletes, Coaches, Team Reps, Officials, Parents / Spectators, and NVSL Leadership should **abide by the Code of Conduct**.
- All practices should be open to observation by parents.
- An **open and observable environment** should be maintained for all interactions between adults and athletes. Private, or **one-on-one situations**, should be **avoided unless** they are **open and observable**.
- We advocate **no swimmers/divers riding in coaches' vehicles**. Athletes should not ride in a coach's vehicle without another adult present. Coaches driving swimmers/divers in ANY capacity should submit driving record to the hiring club.
- **Two-deep Leadership**: One coach member and at least one other adult who is not in the water should be present at all practices and other sanctioned team activities whenever at least one athlete is present.
- The second adult should be designated with the sole **responsibility for monitoring** the swimmers'/divers' safety at an aquatic activity, and they should:
 - ☐ Ensure the **safety** of all swimmers/divers
 - ☐ **Be alert and attentive** at all times, and **do not get distracted**
 - ☐ **Always be near the edge** of the pool and have a clear view of the entire pool
 - ☐ **Visually scan** above and below the water surface **continually**
 - ☐ **Do not leave** the pool area without another coach taking your position
 - ☐ **All other coaches** should **adhere** to all of the above responsibilities for their area
- A **qualified lifeguard**, or qualified educator, or qualified coach should always **enter the pool area first**, ensuring the **deck and pool** are **clear of unsafe hazards**, confirming **safety of water chemicals**, and visually checking that the **necessary safety equipment** is **readily available** each time the pool is in use; and they should be the last to leave. **Backstroke flags** should be used in practice. Pool deck should be kept **clear of unnecessary equipment**.

- A **qualified lifeguard**, or qualified educator, or qualified coach should confirm there is a **telephone in close proximity** to the pool deck designated for emergency calls **with pool phone number and street address visible**. Know the **location of the record book** with parent emergency forms and phone numbers. Review emergency forms and **be aware of medical issues** including allergies, diabetes, asthma, heart problems, and other issues along with a list of what to do if an issue arises.

- A **safety orientation** for all participants should be conducted prior to initially using the pool. It should **include all safety rules and regulations**, including "horse play," diving restrictions, safety procedures, water depth, and any other pertinent safety information. Some examples:

- ☐ **NVSL's Standards of Conduct**
- ☐ During warm-ups – **feet first entry, facing water**, no turning during entry (splitting chin)
- ☐ **No diving** without coaches' permission
- ☐ Special attention to **safe situation during games**
- ☐ **No hanging onto** another person **or pulling them under** while in the water - even in games
- ☐ **Never push** people into the pool
- ☐ **No inappropriate behavior** on the deck or in the locker room
- ☐ Skits, Driving, Other Activities – should **be safe and appropriate for the youngest on team** - and **reviewed** with Team Rep
- ☐ **No open flames, no cars on deck, no climbing on roofs**

- **No use of advanced diving equipment**, including but not limited to trampolines (land or over-the-water) or bubble machines.

- The **diving boards should only be used by** those instructed in the proper techniques of diving **and only with the permission and supervision** of the instructor/coach/ lifeguard.

- Any time an **incident report** is written up for an incident during team practice or meets, please forward a **copy to the NVSL President** for review and/or further action.

It is not the purpose of these guidelines to set standards of care for swimmer/diver safety. Safety considerations should be addressed by the swimmers and the community pool organizations where the meets are held. Pool safety rules and action plans should be enforced at ALL times.

Revised March 2023



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NVSL SWIMMING AND DIVING RULE TERMINOLOGY & DEFINITIONS

Terminology and definitions are incorporated by reference in the NVSL Bylaws and in the Swimming and Diving Rules as appropriate. It is recommended that the Rules along with Terminology & Definitions be reviewed by officials prior to every meet.

Alternate - Per Rule 5(d) and Rule 21(f), the League designates two alternate swimmers for Individual All Stars and one alternate relay team for All Star Relays to compete if a lane is unfilled due to absence or disqualification.

Bid-in - in Divisionals to fill an unoccupied lane, using procedures of Rule 6; also used as the designation of the swimmer who may fill the unoccupied lane.

Course - designated distance over which the competition is conducted.

Division Coordinator - An individual selected to: 1) be the liaison between teams in their division as well as between teams and the League; 2) oversee the teams in the NVSL sponsored meets; 3) manage divisional meets; 4) serve as a member of the NVSL Board.

Entry - listing of a swimmer in an event.

Entry list irregularity - listing of a swimmer who is ineligible to compete because of age, membership requirements, exceeding the number of entries permitted each swimmer in a meet, or improper substitution.

Firm Entry List, or Firm Entries - The names of swimmers selected to compete in individual and relay events for Team Meets, Divisional Relays, and Divisionals.

Event - any race or series of races in a stroke, distance, and age group.

Family - (eligibility Rule 2a) includes only natural children, adopted children, foster children, foreign exchange students, and blood relatives who are living in the household continuously for at least two months. "Foreign exchange students" are foreign citizens who are temporarily in the U.S. and have been placed in homes by organizations known for and engaged in placement of foreign exchange students. "Foster children" are individuals who are so designated by and have been placed in homes by organizations known for and engaged in foster child placement.

Lane - area of the pool in which the swimmer is assigned to compete.

League - the Northern Virginia Swimming League (NVSL)

League Competition - only meets listed in the swimming and diving sections of the current NVSL Handbook.

Leg (relay) - the part of a relay event that is swum by one team member.

Length - extent of the course from end to end.

May - permissive, not mandatory.

Official Meet Results - a complete set of the electronically prepared meet results that have been previously verified against the time sheets by Data Entry and Table Worker(s).

Scratch - to withdraw a swimmer from an event.

Seed - distribute the swimmers among the required number of heats and/or lanes using their submitted times in conformance with USA Swimming Rules for timed finals competition.

Shall - mandatory.

Should - suggested, strongly encouraged, but not mandatory.

Substitution - replacement of one swimmer with another in an event.

Swimming or Diving Up - Swimming or Diving in an age group older than one's own.

Team Meets - dual and triangular meets.

Team Representative, or Team Rep - (Article VI of League Bylaws) - each member pool shall designate a Team Representative who shall be a member in good standing of that pool. The Team Rep shall have full authority to act for and on behalf of the League in the conduct of its activities, including voting on behalf of the member pool in League matters.



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Judy Baltas 571-334-5318
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DIVE DIVISION COORDINATORS

- | | | |
|---|---|--|
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| 3 | Joy Ditto (PL) | joyditto@hotmail.com |
| 4 | Tim Harbeck (AF) | Tim.harbeck@gmail.com |
| 5 | David Grannis (WC) | Dagrannis@gmail.com |
| 6 | Katherine McClure (OH) | diveteammom@gmail.com |
| 7 | Rachel Wegner (HSC) | hamletdiveteam@gmail.com |
| 8 | Jason Detton (A) | jndetton@gmail.com |

CHAMPIONSHIP MEETS

Wally Martin 3 meter Memorial Meet

July 12	Oak Mont Rec Center at 7 AM	
	Meet Manager: David Grannis	202-365-6651

Cracker Jack Meet Invitational

July 19	North Springfield (NS) at 8AM	
	Meet Manager: Lynn Clark	703-919-4376
	Local Contact: Jessica Albers	703-772-3420

Division Individual Championship Meets

July 26	Sites listed in the 2026 handbook team schedule	
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Synchro 1 Meter Dive Meet

July 28	Old Keen Mill (OKM) at 3PM	
	Meet Manager: David Grannis	202-365-6651

All-Star Meet

Aug 2	Fairfax (F) at 7 AM	
	Meet Manager: Judy Baltas	571-334-5318
	Local Contact: Judy Baltas	571-334-5318



NVSL Dive CrackerJack Meet



- ***Established in 1987 to provide a skill-appropriate championship meet for beginning divers***
- ***World's largest one-day diving competition***
- ***The first CrackerJack Invitational was held at Freedom Park and attracted approximately 500 divers***
- ***CrackerJack has been hosted by Overlee, Cardinal Hill, Truro, Mansion House, Springfield, Sideburn Run, Fairfax Station, and Ravensworth***
- ***2025 CrackerJack was hosted by North Springfield***
- ***Divers compete by gender within their age group***
 - ***Age groups are: 6 and Under, 7, 8, 9, 10, 11, 12, and 13 and UP***



NVSL Dive – by the numbers

CLINICS

Coaches	June 7, 1:00PM at TBA	
Team Reps	May 31, 8:00-9:30 AM at Overlee Katie McAllister, Local Contact	202-903-8151
Meet Workers	May 31, 9:45-10:45 AM at Overlee Katie McAllister, Local Contact	202-903-8151
Judges	May 31, 10:45-12:00 PM at Overlee Katie McAllister, Local Contact	202-903-8151
	June 9, 6:30 PM at Chesterbrook Jeff Neumann, Local Contact	703-772-4452
	June 24, 6:30PM at Wakefield Chapel Khanh Stenberg, Local Contact	215-512-3929
Referees	June 3, 6:30 PM at Overlee Katie McAllister, Local Contact	202-903-8151
	June 14, 1:00 PM at Hamlet Phyllis Hashemi, Local Contact	215-359-8815
	June 27, 3:00-5:00PM at Springfield Church Katherine McClure, Local Contact	240-271-1905

Future Dates:

Proposed Rule Changes Submitted	Oct 4, 2026
Executive Board Meeting	Oct 2026
Team Rep Meeting	Nov 2026
Executive Board Meeting	Feb 2027
Team Rep Meeting	Mar 2027



2026 DIVING TEAM REPRESENTATIVES AND POOL LOCATIONS

- | | | |
|----|---|---|
| 1. | ANNANDALE (A)
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Alma Detten
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760-978-8477

760-978 8471 |
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724-712-1444 |
| 4. | CARDINAL HILL (CH)
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518-312-8462 |

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-

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571-921-7287

jeffallenenterprises@yahoo.com

2026 SCHEDULE OF NVSL DIVE MEETS

DIVE DIVISION 1 - Wes Bowman & Sara McDonnell (DR) 312-550-6507

June 23	Oakton	at	Fairfax
	Donaldson Run	at	Highlands Swim*
	Woodley	at	Vienna Woods
June 30	Fairfax	at	Woodley
	Oakton	at	Donaldson Run
	Vienna Woods	at	Highlands Swim*
July 7	Vienna Woods	at	Fairfax
	Woodley	at	Donaldson Run
	Highlands Swim	at	Oakton
July 14	Fairfax	at	Highlands Swim*
	Donaldson Run	at	Vienna Woods
	Oakton	at	Woodley
July 21	Fairfax	at	Donaldson Run
	Highlands Swim	at	Woodley
	Vienna Woods	at	Oakton
July 26	Divisionals	at	TBA

DIVE DIVISION 2 - Sarah Scott (P)

412-400-3128

June 23	Fairfax Station	at	Kent Gardens
	Parliament	at	Rolling Hills*
	Hunt Valley	at	Sleepy Hollow Rec Assn*
June 30	Kent Gardens	at	Hunt Valley*
	Fairfax Station	at	Parliament
	Sleepy Hollow Rec Assn	at	Rolling Hills*
July 7	Sleepy Hollow Rec Assn	at	Kent Gardens
	Hunt Valley	at	Parliament
	Rolling Hills	at	Fairfax Station
July 14	Kent Gardens	at	Rolling Hills*
	Parliament	at	Sleepy Hollow Rec Assn*
	Fairfax Station	at	Hunt Valley*
July 21	Kent Gardens	at	Parliament
	Rolling Hills	at	Hunt Valley*
	Sleepy Hollow Rec Assn	at	Fairfax Station
July 26	Divisionals	at	Fairfax Station

*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

DIVE DIVISION 3 - Joy Ditto (PL)**703-861-6361**

June 23	Greenbriar	at	Lee Graham
	Overlee	at	Hayfield
	Parklawn	at	Walden Glen*
June 30	Lee Graham	at	Parklawn
	Greenbriar	at	Overlee
	Walden Glen	at	Hayfield
July 7	Lee Graham	at	Hayfield
	Overlee	at	Walden Glen*
	Greenbriar	at	Parklawn
July 14	Walden Glen	at	Lee Graham
	Parklawn	at	Overlee
	Hayfield	at	Greenbriar*
July 21	Lee Graham	at	Overlee
	Hayfield	at	Parklawn
	Walden Glen	at	Greenbriar*
July 26	Divisionals	at	Hayfield

DIVE DIVISION 4 - Tim Harbeck (AF)**703-585-5177**

June 23	Tuckahoe	at	Old Keene Mill
	Dominion Hills	at	Chesterbrook
	Arlington Forest	at	Great Falls
June 30	Old Keene Mill	at	Arlington Forest
	Tuckahoe	at	Dominion Hills
	Great Falls	at	Chesterbrook
July 7	Great Falls	at	Old Keene Mill
	Arlington Forest	at	Dominion Hills
	Chesterbrook	at	Tuckahoe
July 14	Old Keene Mill	at	Dominion Hills
	Chesterbrook	at	Arlington Forest
	Great Falls	at	Tuckahoe
July 21	Old Keene Mill	at	Chesterbrook
	Dominion Hills	at	Great Falls
	Tuckahoe	at	Arlington Forest
July 26	Divisionals	at	Arlington Forest

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DIVE DIVISION 5 - David Grannis (WC)**202-365-6651**

June 23	Rutherford	at	Dunn Loring
	Crosspointe	at	Wakefield Chapel
	Truro	at	Lakeview
June 30	Dunn Loring	at	Truro
	Rutherford	at	Crosspointe
	Lakeview	at	Wakefield Chapel
July 7	Lakeview	at	Dunn Loring
	Truro	at	Crosspointe
	Wakefield Chapel	at	Rutherford*
July 14	Dunn Loring	at	Wakefield Chapel
	Crosspointe	at	Lakeview
	Rutherford	at	Truro
July 21	Dunn Loring	at	Crosspointe
	Wakefield Chapel	at	Truro
	Lakeview	at	Rutherford*
July 26	Divisionals	at	Lakeview

DIVE DIVISION 6 - Katherine McClure (OH)**240-271-1905**

June 23	North Springfield	at	Sleepy Hollow B&R
	Ravensthorpe	at	Orange Hunt
	Commonwealth	at	Camelot*
June 30	Sleepy Hollow B&R	at	Commonwealth
	North Springfield	at	Ravensthorpe*
	Camelot	at	Orange Hunt
July 7	Camelot	at	Sleepy Hollow B&R
	Commonwealth	at	Ravensthorpe*
	Orange Hunt	at	North Springfield*
July 14	Sleepy Hollow B&R	at	Orange Hunt
	Ravensthorpe	at	Camelot*
	North Springfield	at	Commonwealth
July 21	Sleepy Hollow B&R	at	Ravensthorpe*
	Orange Hunt	at	Commonwealth
	Camelot	at	North Springfield*
July 26	Divisionals	at	TBA

*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

DIVE DIVISION 7 - Rachel Wegner (HSC)**617-935-2167**

June 23	Pinecrest	at	Highland Park*
	Cardinal Hill	at	Sideburn Run
	Mantua	at	Hamlet
June 30	Highland Park	at	Mantua
	Pinecrest	at	Cardinal Hill
	Hamlet	at	Sideburn Run
July 7	Hamlet	at	Highland Park*
	Mantua	at	Cardinal Hill
	Sideburn Run	at	Pinecrest
July 14	Highland Park	at	Sideburn Run
	Cardinal Hill	at	Hamlet
	Pinecrest	at	Mantua
July 21	Highland Park	at	Cardinal Hill
	Sideburn Run	at	Mantua
	Hamlet	at	Pinecrest
July 26	Divisionals	at	Hamlet

DIVE DIVISION 8 – Jason Detten (A)**703-978-8477**

June 23	Springboard	at	Mansion House
	Stratford	at	Springfield
	Annandale	at	Ilda
June 30	Mansion House	at	Annandale
	Springboard	at	Stratford
	Ilda	at	Springfield
July 7	Ilda	at	Mansion House
	Annandale	at	Stratford
	Springboard	at	Springboard
July 14	Mansion House	at	Springfield
	Stratford	at	Ilda
	Springboard	at	Annandale
July 21	Mansion House	at	Stratford
	Springfield	at	Annandale
	Ilda	at	Springboard
July 26	Divisionals	at	Annandale

*All NVSL Dive pools have been approved to conduct recreational diving by the Fairfax/Arlington Counties. Pools with an asterisk have a dive well plummet less than 11 feet according to the county performed measurements.

Quality instruction in competitive diving



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(2026 NVSL Dive Rules)

ALL PERSONS PARTICIPATING IN THE LEAGUE'S
PROGRAM SHOULD REMEMBER THE PURPOSE
OF THIS LEAGUE:

*"...to develop in the children participating in this program--a love
for the sport, advanced aquatic skills, teamwork, and the
principles of good sportsmanship."*

NORTHERN VIRGINIA SWIMMING LEAGUE RULES FOR DIVING COMPETITION

1. GENERAL

a. All league member pools with diving teams will be seeded into designated divisions of about equal strength for diving competition. All divers shall conform to the competitor eligibility By-laws (Articles III and IV) restated in **section 2.a** of the NVSL Rules for Swimming Competition. Issues and questions concerning the eligibility By-laws shall be brought to the attention of the Chair of the Diving Rules Committee for resolution.

b. Except for the three-meter meet, all competitions will be conducted on boards, one meter above water level with variations not exceeding plus or minus 5%. For the three-meter meet, competitions will be conducted on boards three meters above water level with variations not exceeding plus or minus 2%. All dive stands and boards must have an adjustable fulcrum, and be set up and maintained according to recommended factory specifications. In addition to the above requirements, the dive facilities at pools used for all competitions and practices shall be approved for use by the applicable municipal authority.

c. The NVSL Diving Executive Committee (EXCOM) will oversee the selection of Division Coordinators for each division and reserve the right to approve, disapprove, or replace them. The Division Coordinator's duties include keeping divisional dual meet records, managing the Division Individual Championship Meet, and mediating schedule conflicts and disputes. (See section regarding protests.)

d. The team representatives or his/her appointed designate shall be at every team related meet and be readily available to the referee during the course of the meet. Team coaches cannot act as the appointed designate. If a situation requires resolution, the team representatives or designate, not the coach, shall consult with the referee.

e. The host pool is responsible for ensuring that meets are conducted under conditions that reasonably minimize noise and distraction to the divers. The team representatives are encouraged to discuss host pool conditions prior to each meet to avoid misunderstandings.

(2026 NVSL Dive Rules)

f. The meet manager, the referee, or the division coordinator (only if on-scene at the meet) has the authority to resolve disruptive or unsportsmanlike activity, which may include requesting the relocation or removal from the pool venue, any spectator, coach, official, athlete, or support personnel who is disruptive or detrimental to the conduct of the dive meet.

g. All persons involved with the League - athletes, coaches, League board members, team representatives, officials, parents, and spectators – shall adhere to the Standards of Conduct as published in the NVSL Handbook.

h. It is not the purpose of these rules to set standards of care for the safety of divers. Safety considerations should be addressed by the divers and the pool organizations (including coaches) where the meets are held.

i. Dual Meets: The NVSL Diving Executive Committee will publish a dual meet schedule based on six-team diving divisions. These meets will be conducted on Tuesday evenings, starting no later than 6:00 PM, or at another time as mutually agreed. Failure to meet the agreed upon schedule may result in a forfeiture of the meet. In any case, all dual meets will be completed prior to the Division Individual Championship Meet. The winning team in each dual meet receives five points. The losing team receives three. In case of a tie, each team will receive four points. No points will be credited to a team which forfeits a meet, while the other team will receive five points. If neither team can meet on Tuesday within the agreed upon period or reach agreement on another day and time, both will score zero. A trophy will be awarded to each Division Champion based upon the total of points earned (5 for win/3 for loss/4 for tie/0 for forfeit) accumulated for each dual meet during the season. More than one trophy per division shall be awarded in the event of ties.

j. League diving meets should not be scheduled or rescheduled on Saturdays at times that conflict with League swimming meets published in the League Handbook. In addition, League diving meets should not be scheduled or rescheduled on Wednesdays that conflict with League swimming Division Relay Carnivals and the All-Star Relay Carnival as published in the League Handbook.

k. Dives and all aspects of the Cracker Jack Invitational meet shall be governed by the operation and administration ruleset procedures for the Cracker Jack Meet invitational and will be determined by the NVSL Diving Executive Committee (EXCOM). The Cracker Jack Meet is intended only for divers with basic developing skills. The Meet is not a one-for-one replacement meet for Divisionals. Potential meet entrants are subject to screening, based on the current season's meet scores and meet finishes. ~~Which are to be provided by team representatives with the meet entry form to the Cracker Jack meet manager(s).~~ Only divers whose dual/tri meet scores for all current season dual/tri meets up to the time of the Cracker Jack meet are all below the qualifier score shown in the ruleset determined by the EXCOM may dive in the Cracker Jack meet. The meet manager shall decide the acceptance of potential meet entrants for participation in the Cracker Jack Meet. Divers who attend compete in Cracker Jack cannot attend compete in Divisionals.

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l. Division Individual Championship Meet: Each division will have a separate meet for qualification of entrants in the All-Star meet. Entries will be on an individual basis from pools in the division. No team scores will be kept. The meet manager must prepare and preserve an official copy of the meet results to document meet participants and corresponding scores. To qualify as an entrant in this meet, each diver must have participated in at least two league scheduled dual/tri meets in the current season. Divers may not have competed in the Cracker Jack Invitational Meet for that season. See **Rules 10.b.(11) and (12)** for qualifications for the All-Star Meet.

m. All-Star Meet: The top qualifiers of each division in each event and any additional divers selected under **Rules 10.b.(11) and (12)** will compete in the All-Star Meet. For divers to compete in the All-Star Meet, they must compete in and finish their team's divisional meet without disqualification (DQ). The first six places in each event will receive awards, e.g. medals or trophies.

n. Wally Martin Invitational Meet: Dives and procedures for the Wally Martin Invitational Meet will be determined by the NVSL Diving Executive Committee (EXCOM). All League pool members, conforming to Article IV of the League Bylaws, are eligible to compete in this meet which is traditionally a three-meter competition. The meet manager shall decide the acceptance of potential meet entrants for participation in the Wally Martin Meet. ~~In the 2016 Dive season, 1-meter synchronized diving events were officially added to the meet.~~

o. Eligibility and procedures for the synchro competition shall be determined by the NVSL Dive Executive Committee (EXCOM).

2. EVENTS

a. The events will be the same for Dual Meets, Division Individual Championship Meets, Three-Meter Meet, and All-Star Meet.

There will be four classes of competition for both boys and girls:

Freshmen	10 and under
Juniors	11 and 12
Intermediates	13 and 14
Seniors	15, 16, 17, and 18, with the following exception. Divers older than 18 are also eligible as Seniors as long as they are no further removed from high school graduation than fall/winter/spring in their particular year of participation.

b. Team reps may agree to combine or restore (uncombine) events subject to the approval of the referee.

c. Competitor Eligibility

(1) Each competitor shall be a bona fide member of the pool he or she represents as defined in Articles III and IV of the League Bylaws.

(2) The eligibility of a competitor to compete in a particular age group shall be determined by his or her age on the first day of June of the current year.

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(3) Each team representative must maintain an up-to-date list of its divers with applicable birth dates, for ready reference in case of eligibility disputes.

(4) In dual meets, divers may compete in their own or in the next higher age group. In individual meets (Division Individual Championship, All-Star, and Wally Martin and Cracker Jack Meets) competitors may dive only in their age group. Unofficial/exhibition divers are not permitted in dual/tri or individual meets.

3. DIVES

a. All dives will be performed on the low board (one-meter) except for dives in the Wally Martin Invitational Meet if it includes a three-meter competition. Note that there are two separate degree of difficulty tables corresponding to one and three meter dives.

b. Dives for Dual, Divisional, and All-Star Meets shall be in the order specified as follows:

(1) Freshmen -- 2 required (101 and 201) and 1 optional. Front or back jump may be used as an optional. 001 may be substituted for the 101 as the required dive. 002 may be substituted for 201 as the required dive. 001 and 002 cannot be used as optional dives, and if either is used as substitute required dive, the 101 and 201 cannot be used as optional dives. There is no position specified for dives 001 and 002. A total of 3 dives.

(2) Juniors -- 2 required (101 and 201) and 2 optionals, each from a different group of dives (2 optionals from 5 groups). A total of 4 dives.

(3) Intermediates -- 2 required (101 and 201) and 3 optionals, each from a different group of dives (3 optionals from 5 groups). A total of 5 dives.

(4) Seniors -- 3 required (101, 201 and 401) and 3 optional, each from a different group of dives (3 optionals from 5 groups). A total of 6 dives.

c. For all meets required dives will be listed on the dive entry sheet in the order specified in this handbook. Optional dives may be listed in any order at the election of the competitor. Before meet start, all dives for each respective age group must be filled in on the entry sheet. Otherwise, the sheet shall be rejected by the referee or meet manager until the entry sheet is fully filled in. At meet start and thereafter, divers shall perform the dives in the order listed on the meet entry form ~~unless rules specify otherwise~~. All dives on the meet entry form at meet start shall be listed by dive number, dive description, and dive position. Dives not listed with all three of these attributes shall be failed by the referee. The acceptable position abbreviations are: S or A for Straight; P or B for Pike; T or C for Tuck; F or D for Free; or left blank if there is no position specified (applicable to dives 001 or 002 only). It is also acceptable to write out the position.

d. Disqualifications

(1) For all meets, a diver may eliminate one, but only one, optional dive and take zero on the dive without prejudice and remain in the contest if otherwise eligible.

(2) A diver may not eliminate a required dive and remain in the contest. (Note: because of the requirements of **Rules 3.b.(4) and 3.c and 3.d.**, if a senior diver does not list 401 as the third dive on his/her entry sheet and it is discovered after the meet starts, he or she is disqualified).

(3) If a diver ~~makes a legitimate~~ attempts (including coach assistance) to perform a required dive and fails, he/she is not disqualified and may remain in the contest if otherwise eligible.

~~(4) A diver who, in the referee's opinion, willingly fails, does not make a legitimate attempt, eliminates, or purposely chooses not to perform a required dive shall be disqualified from the contest immediately.~~

(4) A diver failing two dives, without regard to the dives being required or optional, shall be designated on meet results as disqualified (DQ), but is allowed to continue participating, and complete his/her event. The diver, however, cannot register placement points for the team.

e. No dive may be repeated in a meet, even though performed in another position.

f. If a diver performs more than one optional dive from the same group, only the first optional dive performed from that group is legal, and any subsequent ones shall be failed by the referee. The 5 groups are: 1. Front, 2 Back, 3. Reverse, 4. Inward, 5. Twist. A diver may not have more than one optional dive start with the same dive number. Reminder that 401 (inward dive) is required only in the senior events. It is an optional dive for all other events. Note: after the start of the meet, the non-compliant dive sheet cannot be remediated as a change of one and only one optional dive specified in rules 10.a.(9) and 10.b.(7).

4. MANNER OF EXECUTING DIVES

Dives should be executed and judged on the following principles:

a. The approach to the starting position shall not be taken into consideration. The starting position shall be free and unaffected. If the diver has not assumed the starting position on the diving board and falls into the water, a failed dive shall not be declared.

b. The starting position in standing dives shall be assumed when the competitor stands steady on the front end of the board. The body shall be straight, head erect with the arms straight and in a position of the diver's choice. The press constitutes the start of the dive. The diver has the option of moving the arms to various preparatory positions so long as there is no obvious attempt to start the press. All dives from the back and inward groups must be performed as standing dives.

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c. The starting position of a forward approach shall be assumed when the competitor is ready to take the first step. The first step constitutes the start of the dive.

d. The forward approach shall be smooth, aesthetically pleasing, and in a forward direction toward the end of the springboard and shall comprise as many or as few steps as desired by the diver before the hurdle unless performing a standing dive. When the approach is not smooth, aesthetically pleasing, and in a forward direction toward the end of the springboard, judges shall deduct according to their individual opinions.

e. The hurdle is described as the jump to the end of the board following the approach. The hurdle shall be from one foot only. Both feet shall contact the end of the board simultaneously following the hurdle. A hurdle from both feet shall constitute a violation of the forward approach, and the referee shall instruct the announcer to reduce each judge's award by **two** points.

f. The take-off shall be bold, high and confident, and shall be from the end of the springboard. When the take-off is not bold, high and confident, and not from the end of the springboard, judges shall deduct according to their individual opinions.

(1) The diver must not double jump (bound) on the end of the springboard before the take-off. When the referee considers that the diver has double jumped (bounded) in a dive, the referee shall declare the dive failed. Judges may award zero points, notwithstanding that the Referee has not declared it to be a failed dive.

NOTE: For the forward approach, after a clearly defined hurdle off of one foot, a double jump (bound) on the springboard is defined as feet leaving the springboard twice, two arm swings and/or two distinct knee bends taking place before the take-off. For the back approach, a double jump (bound) on the springboard is defined as feet leaving the springboard twice with two distinct knee bends and/or two arm swings, indicating two distinct take-offs.

(2) In dives performed with a forward or back approach, the take-off from the springboard must be from both feet simultaneously, immediately following the hurdle, or press or leaving the board. If the take-off is not from both feet simultaneously, the referee shall declare a failed dive.

(3) A diver is entitled to his or her own method of arm swing on back take-offs. When executing a backward or standing front dive, the diver must not bounce (crow-hop) on the board or rock the board excessively before the take-off. For a violation of the above, the judges, not the referee, shall deduct from $\frac{1}{2}$ to 2 points from their awards according to their individual opinions.

g. If, during the flight of any dive, the diver contacts the board, or if the diver's head is unsafely close to the board, the referee shall instruct the judges to award a maximum of 2 points for an unsatisfactory dive.

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h. If a diver dives to the side of the direct line of flight or dives too far out from the board, judges shall deduct according to their individual opinions.

i. During the passage through the air the body can be carried in a straight (lay-out), pike or tuck position. For the front and back entry (001 and 002), there is no prior declaration of the position of the dive by the diver.

(1) Straight Position (Lay-out): in the first case of straight position (lay-out), the body shall not be bent either at the knees or hips. The feet shall be together and toes pointed. The position of the arms is at the option of the diver.

(2) Pike Position: in the second case (pike), the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet must be together, and toes pointed. The position of the arms is at the option of the diver. The pike should be as compact as possible.

(3) Tuck Position: in the third case (tuck), the body should be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed. When viewed from the side, the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs.

(4) Free Position: the free position may incorporate any or all of the straight (lay-out), pike, and tuck positions within the performance of a single dive. In the free position, the body position is optional, but the legs shall be together and toes pointed. In dives with twists, the twisting shall not manifestly be done from the board. The referee shall declare an unsatisfactory dive (maximum of 2 points) (see paragraph 4.k. below). In the pike or tuck dives with twists, the pike or tuck position must be clearly shown. Should the respective position(s) not be shown, judges shall deduct $\frac{1}{2}$ to 2 points, according to their individual opinions. In somersault twisting dives, the twist may be performed at any time during the dive.

(5) The straight, pike, tuck, and free positions shall be performed as described in (1), (2), (3), and (4) above, and at all times shall be aesthetically pleasing. When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position as described, judges shall deduct from $\frac{1}{2}$ to 2 points, according to their individual opinions.

j. In head first dives, the head or hands must contact the water first; otherwise, the referee shall declare the dive failed. In feet first dives, the feet must contact the water first; otherwise, the referee shall declare the dive failed.

k. In dives with twists, the twisting must not manifestly be done directly from the board. When the twist is performed in this manner, the dive lacks a clearly defined jump or press from the board before the twisting action is executed. If, in the opinion of the referee, a manifest twist (less than 90 degrees) was performed prior to the diver's feet leaving the board, the referee shall instruct

the judges to award a maximum of 2 points for an unsatisfactory dive. The twist shall be based on the position of the shoulders at the takeoff and apply to all twister dives. For twists of greater than 90 degrees prior to the diver's feet leaving the board, the referee shall declare a failed dive.

l. All twists must be within 90 degrees of the completion of the dive from the time of the first contact with the water, and at all times during the entry. Deviations of more than 90 degrees over or under will constitute a failed dive.

m. The entry into the water in all cases must be vertical or nearly so and not twisted, with the body straight, toes pointed. When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, judges shall deduct according to their own individual opinions. Additionally, a dive is unsatisfactory if, in the referee's opinion, the diver does not attempt to come out from the tuck or pike position or come out of the twist.

n. All head first entries shall be executed with the arms stretched; all feet first entries with the arms close to the body and not bending at the elbows. For jumps, the arms must be at the side or overhead, as long as the diver demonstrates balance and control. Except for jumps, when one or both arms are held above the head in a feet-first entry, or below the head in a head-first entry, the referee shall declare the maximum award to be 4 ½ points. Judges may award a maximum of 4 ½ points, notwithstanding that the referee has not made a prior declaration. Other than the cases of arm positions described above, if the arms are not in the correct position on entry into the water, judges shall deduct from ½ to 2 points from their awards.

o. All springboard dives with forward take-off may be performed either standing or running at the option of the diver. A prior declaration of the manner of take-off is not required. The judge shall award points for a standing dive, bearing in mind the height and standards of execution which might be expected from a running dive.

p. If a dive is performed clearly in a position other than that announced or if a front or back entry (001 or 002) is performed when a front or back dive (101 or 201) is announced, it shall be awarded not more than two points from each judge. The referee may make the declaration preemptively for the judges. If the diver does not execute the dive announced (i.e. 101, 203, 403, 5111), it shall be considered a failed dive. Additionally, if the dive is partially performed in the position announced, i.e. broken in position, judges shall deduct points on the dive according to their own individual opinion.

q. If a diver makes an obvious attempt to start the approach or press and stops, the diving referee shall declare a balk and, upon completion of the second attempt, shall instruct the announcer to reduce each judge's awards by two points. If the second attempt to start the dive is unsuccessful, the referee shall declare the dive failed.

r. For standing dives, if the diver assumes the starting position, recovers from a momentary loss of balance, and otherwise makes no attempt to start the dive, no balk shall be declared.

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s. The referee shall declare a failed dive if in the opinion of the referee the diver received assistance during the execution of the dive. Assistance includes calling a diver out of a dive, touching a diver, or touching the diving apparatus. Execution begins when the diver assumes the starting position for the dive.

t. It is the responsibility of the diver to immediately correct the announcer if the dive or position is announced incorrectly. If a wrong dive is performed, it shall be considered a failed dive. If a dive is executed other than that which was announced, and is properly listed on the diving entry form, it will be judged as a correct dive and considered an announcer error. If a diver executes a dive as announced and it is determined that the announcer was in error, then the diver will be allowed to immediately perform the correct dive. Divers may correct discrepancies between the dive number and name noted at the time the dive is announced. The diver must choose either the numbered or named dive prior to the performance of the dive. The diver may not choose to change to another dive (even if it might otherwise be allowed by **Rule 10.a.(9).**) After the start of the meet, if the referee discovers a blank entry for optional dives specific to an age group, the referee shall declare a failed dive for this omission.

u. Prior to the execution of a dive, if the position of a dive listed on the dive sheet is not permitted in the current NVSL or World Aquatics DD tables, the diver may choose an allowable position for that specific dive number/description. The dive sheet shall be changed to reflect an allowable position with its associated DD. However, if a dive, which is not permitted in the Table of Dives, is announced and executed, the referee shall declare it a failed dive.

v. The referee is authorized to have a spoiled dive repeated, when in his/her opinion the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made by the diver, not the coach, immediately after the execution of the spoiled dive. NOTE: exceptional circumstances include only the most unusual happenings.

w. Each diver shall be given sufficient time for the execution of the dive, but if in the referee's opinion, the diver delays the execution of a dive, the referee shall convene a brief meeting with the coach and the diver to resolve the delay.

5. JUDGING

When judging a dive, the following shall be considered:

- The starting position and approach
- The take-off
- The technique and grace in the air
- The entry into the water

When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

6. POINTS

Points shall be awarded each dive according to the following table:

Completely failed	0
Unsatisfactory	1/2 - 2
Deficient	2 1/2 - 4 1/2
Satisfactory	5 - 6 1/2
Good	7 - 8
Very good	8 1/2 - 9 1/2
Excellent	10

7. SCORING

a. The table at the end of these rules shall be used to assign the degree of difficulty to dives. The table of dives provided in the League Handbook shall govern in League meets. For dives not shown in the League Handbook, the degree of difficulty table published by World Aquatics shall govern. Only dives with prelisted DDs in the current NVSL or World Aquatics tables are permissible in NVSL competition, except for flying somersault dives (dive numbers 11X, 21X, 31X, and 41X as given in the World Aquatics DD table) which are not allowed to be performed in NVSL.

b. For dual meets, individual first, second and third places in each age group; (boy and girl) shall be determined by the diver's aggregate score.

c. A minimum of three judges shall be used with five judges strongly recommended. When five judges are used, the highest and lowest scores for each dive shall be eliminated, and the remaining three scores will be added and the resultant sum will be multiplied by the degree of difficulty to arrive at the total point scores for the dive. This judging system shall be used in all regularly scheduled dual and tri meets and also the Cracker Jack Meet. For all other meets, either a five-judge or a seven-judge format may be used. When seven judges are used, the two highest and two lowest scores shall be eliminated. For all meets, the remaining three scores will be summed and the resultant sum will be multiplied by the degree of difficulty to arrive at the total points score for the dive. Judges may be substituted during the course of the meet, but should be done only at the end of a given round of dives.

8. OFFICIALS

a. The following officials are recommended for each meet:

SECRETARY -- to list competitors and dives prior to the beginning of the meet and to record the scores, total them, apply the degree of difficulty and determine the points to be awarded for each diver and his or her team. The secretary will inspect all diving forms for correctness prior to the meet. Discrepancies shall be called to the attention of the competitor for resolution. However, any errors not detected are the responsibility of the coach and the diver.

ASSISTANT SECRETARY -- three to expedite listing, computation, etc.

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ANNOUNCER -- to announce each diver, the dive and the degree of difficulty involved, and to call the scores shown by the judges.

JUDGES -- five, to score each dive. If there is a shortage of officials, the number of judges may be reduced to three. This is not recommended and should be required only in an emergency. Judges shall be placed in appropriate positions on one or both sides of the diving area within the closest field of view perpendicular to the flight of the dives, starting from the front edge of the diving board(s) outward.

REFEREE -- to signal the judges and make decisions relative to balks, etc. Referees are highly encouraged, but not required, to serve as judges on the judging panels, given advanced instruction they receive as part of their NVSL-required certification. The referee shall be positioned on the pool deck during the meet among the group of judges to maintain a uniform visual perspective of the dives. In being grouped with the judges, the referee should be positioned to have a direct line of sight with the announcer. If a shortage of officials occurs, the referee may function as the announcer, but shall remain positioned among the group of judges. The referee may consult with a designated member of the judging panel concerning possible failed or unsatisfactory dives.

TEAM REPRESENTATIVES -- to act as the official spokesman for his or her team in matters regarding meet arrangements and conduct. The Team Representative shall be present during the competitive events; if he or she is unable to do so, an alternate, who shall be a responsible adult, and who cannot be the team's diving coach, shall be designated to serve in the Team Representative's stead. For dual/tri meets, the host Team Representative is the Meet Manager.

b. The host team shall be responsible for arranging for the secretary, two judges, announcer, referee, and one assistant secretary. The visiting team shall be responsible for arranging three judges and two assistant secretaries. If an NVSL-certified referee is unavailable to officiate the meet, the meet shall be postponed. The meet shall be rescheduled per the mutual agreement of the team reps to a time and date when an NVSL-certified referee is available.

c. The host team shall be responsible for the provision of entry blanks, judge's flash cards, final score form, announcer, equipment, and point conversion chart.

d. No individual concurrently employed as a diving coach for an NVSL team is eligible to act as a referee and/or judge in that given season.

e. All referees must have been certified by NVSL Diving within the last two years. Individual participation in the NVSL Diving Referee's Clinic constitutes certification. Individuals must have served as a judge within the NVSL for at least one season to be eligible to attend the referee's clinic and receive certification.

f. All meet officials, except meet secretaries and announcers, must be at least 19 years of age or older. Secretaries and announcers may be younger than

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19 years of age and serve in these positions only upon mutual agreement of each team representative.

g. Rule changes shall be submitted to the rules committee chairperson no later than the due date published in the NVSL Handbook. Rule changes shall include a discussion of the rationale and merits for the change.

9. FOR RULES OR PROCEDURES NOT COVERED HEREIN:

Refer to **World Aquatics** Dive Rules.

10. CONDUCT OF THE MEETS

a. Dual Meets

(1) The meets will be held according to the schedule approved by the NVSL Diving Executive Committee, at the time specified in **Rule 1.i** with events as listed in **Rule 2.a** and officials as given in **Rule 8**.

(2) The host Team Representative will contact the visiting Team Representative one week in advance of the meet, set time of meet and ensure an understanding of the number and source of officials and unique configurations of the dive well, and shall include communication of dive well depth being less than 11 feet at plummet. The team representatives are encouraged to prepare a timeline of the meet to assist planning for ensuring the finish of meets before dark. Team representatives should select officials with sufficient experience to promote efficient meet operation to guarantee timely meet completion, **especially announcers and referees.**

(3) Each dual meet shall be limited to 32 divers per team (21 for a tri meet) without regard to the number of divers in any age group. The top three scoring divers from each event are eligible for awards and count for team scoring. Teams are cautioned, however, to start the meet as early as possible to ensure the entire meet is completed before dark. Once the meet has started, the referee has the discretion to limit between event practices for divers to one practice approach, with or without a water entry, to ensure the meet, especially one with 50 or more divers, finishes before dark.

(4) The pool manager, licensed by the local jurisdiction, decides whether the pool is open for the diving venue to be conducted. Although the pool may be open, the referee has the final authority for deciding the discontinuance of the dive meet, if in his/her opinion, adverse circumstances, such as inadequate lighting, continuing cycles of bad weather, or other safety factors are of concern. If the pool is open and the referee declares that the meet is being conducted, the teams shall participate. If the pool manager closes the pool, the meet cannot be conducted unless the pool is reopened.

(5) The host pool is to be placed in final readiness at least 15 minutes before meet time. This includes clearing the diving area of all but meet competitors. The diving board will be made available to visiting divers for at least 30 minutes practice prior to meet time, or as mutually agreed upon by the Team Representatives.

(6) The meet shall begin promptly at the agreed meet time, or as close thereto as practicable. The meet referee has the discretion to select available judges from any team (or the meet manager to select an available certified referee) to ensure the timely start of the meet if it is determined the meet will not finish before dark. The meet referee also has the discretion for deciding the substitution/replacement of judges after the meet starts. Neither the start of the meet, nor the start of any event shall be delayed simply to await the arrival of a late competitor. If a diver is not present to perform the dive when announced and it is ascertained that the diver is not in the pool area, the diver will be immediately scratched from the meet. (Note: team reps, divers, coaches, meet managers, and referees should avoid scratching entry sheets prematurely before the meet start to preserve a diver's opportunity to show up unexpectedly or be available for a make-up meet). The execution of the first dive constitutes the start of the meet.

(7) Diving entry forms will be filled out, signed by the divers for correctness and turned in to the meet secretary 30 minutes before the meet begins. The NVSL diving meet participants form with names and events entered shall be completed as soon as practical after receipt of the entry forms. **The responsibility for the timely turn-in and accuracy of the diving entry form rests entirely with the coach and the diver.** The diver's coach will review the diving entry form for accuracy, completeness, and compliance with Section 3 of the Handbook's diving rules. Independently, the referee or designated person should conduct the same review of all diving entry forms before the meet starts. An unsigned entry form shall not disqualify the diver from the meet or alter the status of any dives performed. If any meet official discovers an unsigned entry form, the diver should be notified as soon as possible to sign the form in acknowledgment of the dive list. Corrections to the entry form (dives only; age group status as submitted) are permissible up to the start time of the meet. No corrections shall be allowed without coordination with the meet manager or referee to ensure the changes are compliant with rule requirements. Otherwise, the diver assumes the consequences for any non-compliant changes discovered after the meet start.

(8) Change of Position Only: Entry forms may not be changed after the start of the meet except that a diver may change the position in which a dive is performed up to the time of its execution, so long as this change is clearly announced to the judges and the scoring table prior to the execution of the dive. ***The degree of difficulty on the score sheet shall be changed to reflect the position selected for the dive, (i.e., for a POSITION change [not a dive change], the DD may go up or down).***

(9) Change of Dive Only: A diver cannot change a required dive under any circumstances except for position. For example, a back dive cannot be changed to a back entry. However, a diver may change one and only one optional dive, provided that the new dive is of equal or lesser degree of difficulty, does not repeat a dive group of other optional dives already listed on the entry form, (**See Rules 3.b, c, and d**) and is announced by the diver to the referee and meet

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secretary before performance of the dive. The diver is not permitted to change the position of the originally listed optional dive and then change to a new optional dive. The referee and meet secretary will coordinate entry list corrections. The degree of difficulty on the score sheet shall be changed to reflect the new optional dive. It is not permissible to change to a more difficult dive while retaining the original dive's degree of difficulty.

(10) If a meet is stopped for any reason and continued at a later date or at another venue, all official entries will remain unchanged with the exception that a diver may be scratched from the competition. In that case, the meet will continue from the beginning of the last incomplete round. In the case of a temporary meet interruption and the meet is resumed on the same day, the meet will continue from the point of the last dive performed. In order to be considered valid, all events in a meet must be completed. If a given meet is incomplete for any reason, incomplete events must be made up or rescheduled or the meet will be considered a forfeit for both teams. **(See Rule 1.i)** Team Representatives are to do all in their power to arrange a mutually agreeable make-up date and time before the next scheduled meet.

The make-up meet at a time later than specified above shall be scheduled with concurrence of the Division Coordinator and consultation with Division Coordinator Committee Chair (DCCC). If the Division Coordinator is a Team Representative of a team involved with the meet rescheduling, concurrence by the DCCC shall be required. The mandatory provision to complete meets may only be waived by mutual agreement of the Team Representatives with the approval of the DCCC.

(11) The meet secretary will compile the list of divers, assigning order of divers in the events as follows:

(a) Freshman girls, freshman boys, junior girls, junior boys, intermediate girls, intermediate boys, senior girls, senior boys.

(b) Within events, host and visiting divers will alternate with host divers diving the odd numbered positions.

(12) Individual scores will be listed and team scores compiled on the diving forms provided by the home team. The winner of each event will receive 5 points, second 3 and third 1 point. In case of divers receiving the same individual score, the total number of points involved will be equally divided and given to each diver. The team score will then be added to decide the meet winner; the meet secretary and the visiting team secretary shall sign the completed form. Should a mistake be discovered in the computation of individual or team scores, it must be called to the attention of the Division Coordinator and the Team Representatives by the end of the day following the completion of the meet for appropriate correction. If the Team Representatives and Division Coordinator are unavailable, a member of the Rules Committee must be notified of the mistake within the requisite time period. Meet results will be considered final at the end of the day following completion of the meet unless a timely notification of mistake is given as provided herein.

(13) The meet secretary shall be responsible for recording the meet results on forms provided by the league. ~~will prepare three copies of results which affect team scores. These results must also include the names and scores for the top three divers participating in the meet. Before the start of the meet, the meet secretary must also record the name and affiliation of every diver participating in the meet on league supplied form and request that the team representatives of both teams review the form to ensure that the names correspond with those on all the submitted meet participants and diving entry forms. must complete the Meet Participants form and ensure that each team representative has reviewed it.~~ The meet secretary shall also record the scores of the divers on the Meet Participants form after the completion of their meet event. ~~The names and scores of the top three divers in each event shall also be recorded on the Meet Results form. If the meet is not completed and is resumed on another day, each team representative shall be given a copy of that form (legible, digital image, cell phone picture acceptable) take a photo of the Meet Participants form and the Meet Results form before departing the meet site. After the meet, one copy of all meet forms is to be provided to the visiting Team Representative and two copies to the host Team Representative. One of the two host Team Representative's copies is for team use and the other copy is to be forwarded to the Division Coordinator not later than the day following the official dual meet. each team representative shall take the photo of the Meet Results form and the Meet Participants form and email them to their Division Coordinator. The home team shall follow NVSL Diving guidance for digitally reporting meet results, and the visiting team representative and the Division Coordinator shall review and approve meet results before they are finalized. Additionally, after each meet, team results shall be handled according to NVSL Diving issued procedures governing publicity.~~

b. Divisional, Wally Martin, Synchro 1-meter, and All-Star Meets

(1) Each division will conduct its own Division Individual Championship Meet under the direction of their Division Coordinator designated for that division.

(2) The events, dives scoring and rules will be the same as stated in other sections.

(3) Any pool in the division is eligible to enter sixteen divers in the Division Individual Championship Meet regardless of age group. Divers participating in the Cracker Jack Meet shall not be eligible to dive in the Division Meet occurring in the same season.

(4) The pool manager, licensed by the local jurisdiction, decides whether the pool is open for the dive meet to be conducted. Although the pool may be open, the meet manager has the final authority for deciding the discontinuance of the dive meet, if in his/her opinion, adverse circumstances, such as inadequate lighting, continuing cycles of bad weather, or other safety factors are of concern. If the pool is open and the meet manager declares that the meet is being conducted, the teams shall

(2026 NVSL Dive Rules)

participate. If the pool manager closes the pool, the meet cannot be conducted unless the pool is reopened. This rule also applies to the Crackerjack Meet.

(5) NOTE: machine-generated meet entry forms for Divisionals are NOT automatically pre-checked for completeness, accuracy, and compliance with Section 3 of the current handbook dive rules. Diving registrations (divemeets.com) or dive entry forms (paper meets) for Divisionals, Wally Martin, Synchro 1-meter, and All-Stars meets shall be submitted or be filled out, and turned in no later than 2 days before the meet, i.e. by Friday if the meet is conducted on Sunday, to the meet managers as instructed in written guidance provided by meet managers to team reps. ~~An entry form may be turned in and accepted after this time with the payment of a \$20 non-waivable late fee. The fee is assessed on a per sheet basis. Meet managers have the discretion to reject a meet sheet with late fee if turned in within 20 minutes before the start of the event if it potentially results in meet delay.~~ Meet managers have the discretion to decide whether or not to accept late submissions of registrations or entry forms as detailed in the written guidance. The responsibility for the timely turn-in and accuracy of the diving entry form rests with the coach and diver. In addition, the diver's coach will review the diving entry form for accuracy, completeness, and compliance with Section 3 of the Handbook's Diving Rules. An unsigned entry form shall not disqualify the diver from the meet or alter the status of any dives performed. If any meet official discovers an unsigned entry form, the diver should be notified as soon as possible to sign the form in acknowledgment of the dive list. Corrections to turned-in entry forms are permissible up to the time of the event.

6) Change of Position Only: Entry forms may not be changed after the start of the diver's event except that a diver may change the position in which a dive is performed up to the time of its execution so long as this change is clearly announced to the judges and the scoring table prior to the execution of the dive. ***The degree of difficulty on the score sheet shall be changed to reflect the position selected for the dive, (i.e., for a POSITION change [not a dive change], the DD may go up or down).***

(7) Change of Dive Only: A diver cannot change a required dive under any circumstances except for position. For example, a back dive cannot be changed to a back entry. However, a diver may change one and only one optional dive, provided that the new dive is of equal or lesser degree of difficulty, does not repeat a dive group of other optional dives already listed on the entry form, ***(See Rule 3.b, c, and d)*** and is announced by the diver to the referee and meet secretary before performance of the dive. The diver is not permitted to change the position of the originally listed optional dive and then change to a new optional dive. The referee and meet secretary will coordinate entry list corrections. The degree of difficulty on the score sheet shall be changed to reflect the new optional dive. It is not permissible to change to a more difficult dive while retaining the original dive's degree of difficulty.

(2026 NVSL Dive Rules)

(8) If a meet is stopped for any reason and continued at a later date or at another venue, all official entries will remain unchanged with the exception that a diver may be scratched from the competition. In that case, the meet will continue from the beginning of the last incomplete round. In the case of a temporary meet interruption and the meet is resumed on the same day, the meet will continue from the point of the last dive performed.

(9) The meet shall begin promptly at the agreed meet time, or as close thereto as practicable. Neither the start of the meet, nor the start of any event, shall be delayed simply to await the arrival of a late competitor. If a diver is not present to perform the dive when announced and it is ascertained that the diver is not in the pool area, the diver will be immediately scratched from the meet. The execution of the first dive constitutes the start of the meet.

(10) Dives will be in accordance with **Rule 3.c.**

(11) For Divisions 1 and 2, the three highest scoring finishers in each event are qualified for the All-Star Meet; for the remaining divisions, the two highest scoring finishers are qualified; these are the "place qualifiers". For Divisions 1 and 2, the next three highest scoring finishers, and for the remaining divisions, the next two highest scoring finishers, in each event will be assigned as All-Star alternates within their divisions. Alternates are qualified to dive at All-Stars only if a place qualifier, within their division, will not compete. Additionally, divers who finish no lower than fourth for Divisions 1 and 2, or third for the remaining divisions, in the Division Individual Championship Meet, and who placed in the top eight in the All-Star meet the previous year, qualify for the All-Star Meet. Note: there are no alternates assigned for place qualifiers lower than sixth place in Divisions 1 and 2 and fourth place in all other Divisions.

(12) In addition to **Rule 10.b.(11)**, a diver who attains a divisional score equal to or greater than the running average of the fifth place All-Stars Meet scores from the previous seasons shall also qualify for the All-Star Meet. The running averages will be compiled for each event from All-Star Meet results dating back to 2010 reflecting changes to the point award system for dives.

c. The Wally Martin, Synchro 1-meter, and All-Star Meet: they will be conducted by the NVSL Diving Executive Committee in accordance with the World Aquatics Dive Rules, as modified by the current NVSL Handbook and NVSL Dive Special Rulesets.

d. Meet Line-ups: For each event in Divisional, Wally Martin, Synchro 1-meter, and All-Star meets, the meet secretary shall arrange the competitors' entry forms in random order to avoid the possibility of ranking by competitor proficiency.

e. Results: Results of the Division Individual Championship, All-Star and Wally Martin Meets are final thirty minutes after results are announced.

11. PROTESTS

Protests will be presented by the team representative to the Division Coordinator no later than 48 hours after the end of the meet. Should the Division Coordinator be unavailable at the time, or be unable to resolve the protest, the dispute shall be referred to the Diving Rules Committee for resolution. Decisions rendered by the Diving Rules Committee shall be final and binding upon all parties involved.

*[The NVSL Diving Rules **end** after the above paragraph.]*

RECOMMENDED SAFETY REMINDERS FOR DIVE TEAMS

(See paragraph 1.h. of the NVSL Diving rules for roles and responsibilities involving the implementation of safety standards.)

1. Ensure that your pool has a licensed pool operator with sufficient staff for handling all NVSL diving activities conducted at your pool. This is a County regulation.
2. Periodically check for loose bolts fastening the board to its hinges, hinge pins coming out of place and/or missing o-rings, loose or missing bolts on stairs, and loose bolts fastening the back stand to the deck. Also, periodically wet the surfaces of your boards and check the surfaces for slippery spots, especially at the end of the boards where the divers plant their feet on approaches. These are crucial safety issues you should immediately bring to the attention of your pool staff and appropriate persons of your pool organization for corrective actions.
3. Have a team roster with parents' contact information available with you anytime you engage in activities involving your team's divers. It will be needed to contact a parent to give consent for medical care in case of an accident or illness.
4. Familiarize yourself with the dive rule [paragraphs 10.a.(4) and 10.b.(4)] regarding who makes decisions about whether a facility is open or closed for diving during a meet, and who makes decisions on the continuance/discontinuance of a meet. There are clear lines of responsibility described in this rule.





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1 METER TABLE OF DIVES

Difficulty Rating

<u>Dive</u>		(C)	(B)	(A)	(D)
<u>Gp/Nr</u>	<u>Name</u>	<u>Tuck</u>	<u>Pike</u>	<u>Strght</u>	<u>Free</u>
<u>I</u>	<u>Forward Dives</u>				
101	Forward Dive	1.2	1.3	1.4	----
102	Forward Somersault	1.4	1.5	1.6	----
103	Forward 1-1/2 Somersault	1.6	1.7	2.0	----
104	Forward Double Somersault	2.2	2.3	2.6	----
105	Forward 2-1/2 Somersault	2.4	2.6	----	----
<u>II</u>	<u>Back Dives</u>				
201	Back Dive	1.5	1.6	1.7	----
202	Back Somersault	1.5	1.6	1.7	----
203	Back 1-1/2 Somersault	2.0	2.3	2.5	----
204	Back Double Somersault	2.2	2.5	----	----
<u>III</u>	<u>Reverse Dives</u>				
301	Reverse Dive	1.6	1.7	1.8	----
302	Reverse Somersault	1.6	1.7	1.8	----
303	Reverse 1-1/2 Somersault	2.1	2.4	2.7	----
304	Reverse Double Somersault	2.3	2.6	2.9	----
<u>IV</u>	<u>Inward Dives</u>				
401	Inward Dive	1.4	1.5	1.8	----
402	Inward Somersault	1.6	1.7	2.0	----
403	Inward 1-1/2 Somersault	2.2	2.4	----	----
<u>V</u>	<u>Twist Dives</u>				
5111	Forward Dive 1/2 Twist	1.6	1.7	1.8	----
5121	Forward Somersault 1/2 Twist	----	----	----	1.7
5122	Forward Somersault 1 Twist	----	----	----	1.9
5124	Forward Somersault 2 Twist	----	----	----	2.3
5131	Forward 1-1/2 Somersault 1/2 Twist	----	----	----	2.0
5132	Forward 1-1/2 Somersault 1 Twist	----	----	----	2.2
5134	Forward 1-1/2 Somersault 2 Twists	----	----	----	2.6
5211	Back Dive 1/2 Twist	1.6	1.7	1.8	----
5221	Back Somersault 1/2 Twist	----	----	----	1.7
5222	Back Somersault 1 Twist	----	----	----	1.9
5223	Back Somersault 1-1/2 Twists	----	----	----	2.3
5231	Back 1-1/2 Somersault 1/2 Twist	----	----	----	2.1
5233	Back 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.5
5331	Reverse 1-1/2 Somersault 1/2 Twists	----	----	----	2.2
5333	Reverse 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.6

For Freshman Competition only:

001	Front Entry	0.5 (no position specified)			
002	Back Entry	1.0 (no position specified)			
100	Forward Jump	0.5	0.5	0.5	
200	Back Jump	0.5	0.5	0.5	

A complete table of dives is shown in the current official World Aquatic Rulebook. A dashed line entry (----) indicates the dive cannot be performed.



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3 METER TABLE OF DIVES

Difficulty Rating

<u>Dive</u>		(C)	(B)	(A)	(D)
<u>Gp/Nr</u>	<u>Name</u>	<u>Tuck</u>	<u>Pike</u>	<u>Strght</u>	<u>Free</u>
<u>I</u>	<u>Forward Dives</u>				
101	Forward Dive	1.4	1.5	1.6	----
102	Forward Somersault	1.5	1.6	1.7	----
103	Forward 1-1/2 Somersault	1.5	1.6	1.9	----
104	Forward Double Somersault	2.0	2.1	2.4	----
105	Forward 2-1/2 Somersault	2.2	2.4	2.8	----
<u>II</u>	<u>Back Dives</u>				
201	Back Dive	1.7	1.8	1.9	----
202	Back Somersault	1.6	1.7	1.8	----
203	Back 1-1/2 Somersault	1.9	2.2	2.4	----
204	Back Double Somersault	2.0	2.3	2.5	----
<u>III</u>	<u>Reverse Dives</u>				
301	Reverse Dive	1.8	1.9	2.0	----
302	Reverse Somersault	1.7	1.8	1.9	----
303	Reverse 1-1/2 Somersault	2.0	2.3	2.6	----
305	Reverse 2-1/2 Somersault	2.8	3.0	3.4	----
<u>IV</u>	<u>Inward Dives</u>				
401	Inward Dive	1.3	1.4	1.7	----
402	Inward Somersault	1.4	1.5	1.8	----
403	Inward 1-1/2 Somersault	1.9	2.1	----	----
<u>V</u>	<u>Twist Dives</u>				
5111	Forward Dive 1/2 Twist	1.8	1.9	2.0	----
5122	Forward Somersault 1 Twist	----	----	----	2.0
5131	Forward 1-1/2 Somersault 1/2 Twist	----	----	----	1.9
5132	Forward 1-1/2 Somersault 1 Twist	----	----	----	2.1
5134	Forward 1-1/2 Somersault 2 Twists	----	----	----	2.5
5136	Forward 1-1/2 Somersault 3 Twists	----	----	----	3.0
5231	Back 1-1/2 Somersault 1/2 Twist	----	----	----	2.0
5233	Back 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.4
5235	Back 1-1/2 Somersault 2-1/2 Twists	----	----	----	2.8
5411	Inward Dive 1/2 Twist	1.5	1.6	1.9	----
<u>For Freshman and Junior Competition only:</u>					
001	Front Entry	1.0 (no position specified)			
002	Back Entry	1.0 (no position specified)			
100	Forward Jump	0.5	0.5	0.5	
200	Back Jump	0.5	0.5	0.5	

A complete table of dives is shown in the current official World Aquatic Rulebook. A dashed line entry (----) indicates the dive cannot be performed.

INDIVIDUAL ALL-STAR CHAMPIONS

<u>Year</u>	<u>Senior Boys</u>	<u>Team</u>	<u>Senior Girls</u>	<u>Team</u>
2025	Raito Detten	A	Isabelle Whang	OAK
2024	Nathaniel Grannis	WC	Michayla Eisenberg	O
2023	Matthew Bray	G	Ainsley Taylor	OKM
2022	Matteo Vasiliadis	GF	Michayla Eisenberg	O
2021	Evan Brown	KG	Margaret Di Scipio	LG
2020	James Gray*	KG	Ainsley Buckner*	HV
2019	Max Powell	CP	Alexandra Halla	CB
2018	Max Flory	SR	Hannah Karlin	O
2017	Joseph Perreault	PC	Emma Bulger	PC
2016	Parker Johnston	PAR	Emily Gross	CSC
2015	Greg Duncan	DL	Delaney Gallagher	T
2014	Ben Schiesl	THA	Margaret Pionzio	MHC
2013	Samson Miller	G	Caroline McCleary	KG
2012	Carl Buerger	AF	Elena Bavalack	LG
2011	Cory Bowersox	OKM	Kelli Stockton	F
2010	Cory Bowersox	OKM	Kelly Corish	DL
2009	John Trope	RH	Maren Taylor	DR
2008	John Trope	RH	Cassie Self	DL
2007	Briggy Imbriglia	R	Kathryn Gillam	RFD
2006	Briggy Imbriglia	R	Meg Alderman	CB
2005	Austin Orchard	THA	Jessica Williams	HSC
2004	Ryan Metzker	WG	Stephanie Daly	THA
2003	Mike Papageorge	FS	Stephanie Daly	THA
2002	Scott Hudson	OH	Yukari Nakamura	LP
2001	Caton Hall	HF	Claire Jakabcin	SHB
2000	John Appleman	RH	Claire Jakabcin	SHB
1999	Andy Bradley	SR	Jessica Williams	WG
1998	Stephen Krebs	THA	Amber O'Reilly	HF
1997	Brad Galleher	THA	Amber O'Reilly	HF
1996	Stephen Krebs	THA	Stephanie Sutton	LG
1995	Kevin Firman	S	Stephanie Sutton	LG
1994	Kevin Firman	S	Stephanie Sutton	LG
1993	Ed Kloss	R	Sarah Grady	HF
1992	Bay Dobbins	LG	Cheri Yadao	MHC
1991	Nathan Clawson	M	Cheri Yadao	MHC
1990	Tom Blakeman	RFD	Cheri Yadao	MHC
1989	Tom Blakeman	RFD	Cheri Yadao	MHC
1988	Tom Blakeman	RFD	Nina Pino	FP
1987	Tom Blakeman	RFD	Nikki Marshall	RP
1986	Richard Benedict	SHB	Richelle Bruns	MHC
1985	Kamil Salah	CH	Denise Poff	HP
1984	Mike Girouard	HP	Nancy Engel	CH
1983	Wes Reed	M	Nancy Engel	CH
1982	Clark Dorman	DR	Susan Gornak	V
1981	John Barry	O	Mary Baran	RP
1980	Peter Ungerleider	WW	Debbie Williams	RFD
1979	Jeff Haupt	HP	Debbie Williams	RFD
1978	Steve Lenof	M	Debbie Williams	RFD

1977	Allen Jones	RG	Cheryl Brown	PL
1976	Mike West	CW	Linda Hamner	CCC
1975	Shawn McNinch	RG	Teresa Norman	PL
1974	Mike Shannon	M	Teresa Norman	PL
1973	John Shannon	M	Karen Vahouny	RP
1972	Mike Tober	O	Stephanie Hopkins	NS
1971	Mike Tober	O	Carol Heim	FP
1970	Stuart Paine	SB	Arlene Goodspeed	LHP
1969	Stuart Paine	SB	Nancy Norman	PL
1968	Bob Bailey	DR	Kendra VanderMuelen	CCC
1967	Rick Kincade	CCC	Kendra VanderMuelen	CCC
1966	Rick Kincade	A	Cathie Soltesz	AF
1965	Dennis Spahr	W	Cathie Soltesz	AF
1964	Robert Massey	DR	Nancy Schell	VW
1963	Kim Lippolt	O	Sheila Anderson	AF
1962	Rob Carney	NS	Sharon Martin	T
1961	Jay Anthony	O	Sharon Martin	T

<u>Year</u>	<u>Intermediate Boys</u>	<u>Team</u>	<u>Intermediate Girls</u>	<u>Team</u>
2025	Alexander Lum	W	Sophie Leland	HV
2024	Peyton Reed	VW	Cecilia Yen	O
2023	Alexander Smith	PAR	Isabelle Whang	OAK
2022	Rem Turatbekov	THA	Stella Barclay	O
2021	Rem Turatbekov	THA	Kate Li	KG
2019	Jadon Butler	RH	Amanda Stalfort	SR
2018	Spencer Dearman	OAK	Margaret Di Scipio	LG
2017	Spencer Bloom	DL	Sarah Gurley	OAK
2016	Garrett Janiak	MHC	Alexandra Halla	CB
2015	Sam Duncan	DL	Alexandra Halla	HP
2014	Max Flory	SR	Hailey Fisher	MHC
2013	Gregory Duncan	DL	Hailey Fisher	MHC
2012	Parker Johnston	THA	Eve Fowler	WG
2011	Grayson Campbell	VW	Anise Muir	HF
2010	Hunter Simmons	DR	Anise Muir	HF
2009	Joseph LeBerre	PC	Simone Freidman	THA
2008	Carl Buergler	AF	Simone Freidman	THA
2007	Cory Bowersox	OKM	Cameron Hancock	HS
2006	Sean McKinney	NS	Maren Taylor	DR
2005	Jake Ward	CB	Maren Taylor	DR
2004	Briggy Imbriglia	R	Leslie Rea	MHC
2003	Briggy Imbriglia	R	Natalie West	PAR
2002	Chris Douglas	RH	Stephannie McKinney	NS
2001	Daniel McCarthy	CH	Katie Gordon	OH
2000	Caton Hall	HF	Lina Tichomirova	OH
1999	Scott Hudson	OH	Claire Jakabcin	SHB
1998	John Appleman	CSC	Patty Park	MHC
1997	Greg Hamilton	T	Aria Vaitekunas	GF
1996	Colby Carter	T	Amber O'Reilly	HF
1995	Stephen Krebs	THA	Amber O'Reilly	HF
1994	Matt Williams	WG	Jenny Sweeder	NS
1993	Jack Joseph	HSC	Stephanie Sutton	LG
1992	Andrew McLay	SHR	Kristin Link	PAR

1991	Ed Kloss	R	Sarah Grady	HF
1990	Sean Alderman	CB	Emma Lindstrom	LG
1989	Billy Galleher	F	Abigail Bradley	SR
1988	Sam Phaup	O	Cheri Yadao	MHC
1987	Tony Perret	R	Robin Kane	CH
1986	Justin Smith	M	Nikki Marshall	RP
1985	Bo Bloomer	HR	Nikki Marshall	RP
1984	Bryan Jones	CH	Celeste Cordova	IC
1983	Francis Draper	RG	Liz Coniglio	VA
1982	Jimmy Girouard	HP	Liz Coniglio	VA
1981	Mike Girouard	HP	Nancy Methfessel	CCC
1980	Dennis Phillips	SRA	Nancy Methfessel	CCC
1979	Tim Bottrell	RH	Victoria Perdomo	SRA
1978	Carlos Perdomo	SRA	Liz Reynolds	AF
1977	Matt Scoggin	GF	Debbie Williams	RFD
1976	Jeff Haupt	HP	Debbie Williams	RFD
1975	Billy Abba	PL	Shawn Whitson	DR
1974	George Greenleaf	CB	Shawn Whitson	DR
1973	Tim Lucido	A	Linda Hamner	CCC
1972	Mike Shannon	M	Vicki Greenleaf	CB
1971	Bob Field	O	Karen Vahouny	RP
1970	Mike Tober	O	Carol Heim	FP
1969	Mike Tober	O	Diane Freidman	A
1968	Billy Lowe	FP	Penny Sale	CCH
1967	Harry Withers	SHB	Jane Olmstead	A
1966	Bob Bailey	DR	Mary Anne Carrolle	C
1965	Bob Bailey	DR	Jane Muse	O
1964	Rick Kincade	SHB	Cathie Soltesz	AF
1963	Rick Kincade	SHB	Cathie Soltesz	AF
1962	Kim Lippolt	O	Donna Stocking	DH
1961	Rob Carney	NS	Sally Hines	DT

<u>Year</u>	<u>Junior Boys</u>	<u>Team</u>	<u>Junior Girls</u>	<u>Team</u>
2025	John Berik	HS	Eleanor Chang	VW
2024	Faustino Fredes	HS	Eleanor Chang	VW
2023	William Copes	HF	Sloan Tann	CP
2022	Jackson Thomas	T	Anya Osterhout	OKM
2021	Alex Valencic	CB	Olivia Roca	F
2019	Nicholas Shivik	SR	Marleigh Dasilva	VW
2018	Noah Wanzer	VW	Jocelyn Brooks	KG
2017	Finnian Gelbach	HV	Devon Babcock	F
2016	Matthew Bray	G	Margaret Di Scipio	LG
2015	Aidan Thomas	WC	Miah Fisher	MHC
2014	Garrett Janiak	MHC	Anne Fowler	WG
2013	Aaron Freeman	THA	Lindsey Butchko	THA
2012	Conor Casey	THA	Hailey Fisher	MHC
2011	Conor Casey	THA	Hailey Fisher	MHC
	Parker Johnston	THA		
2010	Grayson Campbell	VW	Eve Fowler	WG
2009	Grayson Campbell	VW	Callan Monette	THA
2008	Matthew Hubbard	THA	Alison Stickel	VW
2007	Matthew Hubbard	THA	Alison Stickel	VW

2006	Cory Bowersox	OKM	Kelly Corish	DL
2005	Carl Buergher	AF	Kathy Jennings	THA
2004	Sean McKinney	NS	Maren Taylor	DR
2003	Sean McKinney	NS	Cassie Self	DL
2002	Matt Wheeler	CCC	Samantha Winter	T
2001	Will Richardson	RH	Natalie West	PAR
2000	Christopher Douglas	RH	Natalie West	PAR
1999	Jim Richmond	F	Alex West	PAR
1998	Scott Hudson	OH	Laura Speer	OKM
1997	Timmy McNeill	LG	Patty Park	MHC
1996	Andrew Barber	CH	Patty Park	MHC
1995	Colby Carter	T	Kristyn Thiel	MHC
1994	Andy Bradley	SR	Amber O'Reilly	HF
1993	Tim Harbeck	MHC	Ashley Kirchner	O
1992	Bradley Galleher	F	Jenny Sweeder	NS
1991	Chris Alderman	CB	Stephanie Sutton	LG
1990	Jason Rockwell	T	Mindy Hanneman	DR
1989	Chris Alderman	CB	Erin Hintenach	RFD
1988	Chris Alderman	CB	Minu Aghevli	CB
1987	David Johns	R	Kate Moran	AF
1986	David Johns	R	Cheri Yadao	MHC
1985	Marcus Witke	T	Cheri Yadao	MHC
1984	Mac McDermott	RG	Kim Sargent	VW
1983	Bryan Jones	CH	Suzie Swanson	VW
1982	Mac McDermott	RG	Suzie Swanson	VW
1981	Francis Draper	RG	Richelle Bruns	MHC
1980	Wes Reed	M	Carthy Ackerman	RFD
1979	Mike Girouard	HP	Ebby Edwards	O
1978	Greg West	CW	Ebby Edwards	O
1977	Bobby Greenleaf	CB	Victoria Perdomo	LHP
1976	Daniel Shannon	M	Liz Reynolds	AF
1975	Carlos Perdomo	LHP	Liz Reynolds	AF
1974	Jeff Haupt	HP	Cheryl Brown	PL
1973	George Greenleaf	CB	Shawn Whitson	DR
1972	George Greenleaf	CB	Anne Murphy	CB
1971	Chris Mano	DR	Teresa Norman	PL
1970	Chris Mano	DR	Anne Bush	O
1969	Bob Field	O	Karen Vahouny	RP
1968	John Ward	HS	Cathy Price	A
1967	Rick Wrigley	O	Sue Kincade	A
1966	Red Smith	CCH	Ginny Kincade	A
1965	Bobby Meeks	DH	Beth Ehrmantrout	C
1964	Bob Bailey	DR	Mary Anne Carrolle	C
1963	Fred Skillern	A	Peggy Signam	SHB
1962	Jack Thompson	VW	Cathie Soltesz	AF
1961	Stanley Warmbrod	HRA	Cathie Soltesz	AF

<u>Year</u>	<u>Freshman Boys</u>	<u>Team</u>	<u>Freshman Girls</u>	<u>Team</u>
2025	Cavan Telleen	FS	Eliza Divincenzo	SHR
2024	John Berik	HS	Victoria Williams	FS
2023	Flynn Miller	PAR	Elizabeth Pidgeon	FS
2022	Amir Owens	HV	Julianna Butler	HF

2021	Cristiano Garcia	S	Azeria Arnic	SHB
2019	Alex Valencic	CB	Cecilia Yen	O
2018	Alex Valencic	CB	Claire Dobrydney	SR
2017	Nicholas Shivik	SR	Marleigh Dasilva	VW
			Sarah Beach	CB
2016	Ivor Brown	VW	Jocelyn Brooks	KG
2015	Owen Friedman	LG	Ava Dunn	THA
2014	Max Fowler	WG	Ava Dunn	THA
2013	Tyler Schoeberlein	VW	Miah Fisher	MHC
2012	Jacob Fisher	MHC	Anne Fowler	WG
2011	Kyle Strandberg	M	Anne Fowler	WG
2010	C. J. Wilson	HF	Hailey Fisher	MHC
2009	Neil Murray	AF	Megan Miskell	VW
2008	Grayson Campbell	VW	Stephanie Chewning	OKM
2007	Grayson Campbell	VW	Morgan Stahl	CH
2006	Matthew Hubbard	THA	Alison Stickel	VW
2005	Jack Albrittain	CH	Cora Stern	DR
2004	Cory Bowersox	OKM	Mary Lynn Clark	AF
2003	Carl Buergler	AF	Elizabeth Flint	R
2002	John Trope	RH	Maren Taylor	DR
2001	Michael Flach	W	Maren Taylor	DR
2000	Briggy Imbriglia	R	Meg Alderman	CB
1999	Christopher Douglas	RH	Natalie West	PAR
1998	Christopher Douglas	RH	Stephannie McKinney	NS
1997	Seth Blaustein	CB	Erica Strong	SR
1996	Mikey McDonald	THA	Mary Yarrison	S
1995	Andrew Barber	CH	Mary Yarrison	S
1994	Andrew Barber	CH	Mary Yarrison	S
1993	Andrew Barber	CH	Kristyn Thiel	MHC
1992	Erick Rawlings	WG	Elizabeth Druy	DR
1991	Bradley Galleher	F	Elizabeth Druy	DR
1990	Bradley Galleher	F	Elizabeth Druy	DR

THREE METER DIVING CHAMPIONS

<u>Year</u>	<u>Senior Boys</u>	<u>Team</u>	<u>Senior Girls</u>	<u>Team</u>
2025	Nathaniel Grannis	WC	Isabelle Whang	OAK
2024	Nathaniel Grannis	WC	Michayla Eisenberg	O
2023	Nathaniel Grannis	WC	Marleigh Dasilva	VW
2022	Matthew Bray	G	Ellie Joyce	DH
2021	Matthew Bray	G	Ellie Joyce	DH
2020	James Gray*	DR		
2019	Manuel Borowski	T	Minh Donnell	THA
2018	Manuel Borowski	T	Minh Donnell	THA
2017	Max Flory	SR	Anne Fowler	WG
2016	Max Powell	CP	Emma Bulger	PC
2015	Samson Miller	G	Emma Bulger	PC
2014	Greg Duncan	DL	Caroline McCleary	KG
2013	Ben Schiesl	THA	Caroline McCleary	KG
2012	Pat McCann	WC	Caroline McCleary	KG
2011	Ryan Fox	VW	Katherine Van Winkle	VW

2010	Cory Bowersox	OKM	Kelly Corish	DL
2009	Cory Bowersox	OKM	Kelli Stockton	F
2008	Trevor Michalak	IC	Kim Pilka	GF
2007	Sean McKinney	NS	Leslie Rea	MHC
2006	Trevor Michalak	IC	Andrea Sawchuk	GF
2005	Briggy Imbriglia	R	Stephannie McKinney	NS
2004	Reid Taylor	DR	Shelby Rudd	GF
2003	Mikey McDonald	THA	Stephannie McKinney	NS
2002	Caton Hall	HP	Claire Jakabcin	SHB
2001	Andrew Barber	CH	Claire Jakabcin	SHB
2000	Andrew Barber	CH	Aria Vaitekunas	GF
1999	Pat Roberts	HP	Amber O'Reilly	HF
1998	Pat Roberts	HP	Amber O'Reilly	HF
1997	Stephen Krebs	THA	Caren Hirai	KG
1996	Stephen Krebs	THA	Laramie Hill	THA
1995	Kevin Firman	S	Stephanie Sutton	LG
1994	Jason Rockwell	T	Kristin Link	PAR
1993	Billy Galleher	F	Abby Bradley	SR
1992	David Johns	R	Kate Moran	AF
1991	David Johns	R	Kate Moran	AF
1990	David Johns	R	Kate Moran	AF
1989	Tom Blakeman	RFD	Robin Kane	CH
1988	Mac McDermott	HP	Heather Carter	FP
1987	Bo Bloomer	SHR	Nikki Marshall	RP
1986	Richard Benedict	SHB	Jill Bumgarner	SR
1985	Andrew Giannasi	WC	Karen Malachowski	OKM
1984	Mike Girouard	HP	Nancy Engel	CH
1983	Kamil Salah	CH	Nancy Engel	CH
1982	Clark Dorman	DR	Mary Baran	RP
1981	John Barry	O	Susan Burkard	WC
1980	Peter Neill	SRA	Liz Reynolds	AF
1979	Peter Neill	SRA	Liz Reynolds	AF
1978	Tom Maddalena	RP	Debbie Williams	RFD
1977	George Greenleaf	CB	Shawn Whitson	DR
1976	Chris Mano	DR	Shawn Whitson	DR
1975	Shawn McNinch	RG	Becky Binney	SRA
1974	Mike Shannon	M	Linda Hamner	CCC
1973	John Shannon	M	Vicki Greenleaf	CB
1972	Mike Tober	O	Karen Vahouny	RP
1971	Mike Tober	O	Jane Olmstead	WC
1970	Stuart Paine	SB	Nancy Norman	PL
1969	Stuart Paine	SB	Kendra VanderMuelen	CCC
1968	Stuart Paine	SB	Kendra VanderMuelen	CCC

<u>Year</u>	<u>Intermediate Boys</u>	<u>Team</u>	<u>Intermediate Girls</u>	<u>Team</u>
2025	Cristiano Garcia	S	Cecilia Yen	O
2024	Cristiano Garcia	S	Cecilia Yen	O
2023	Thibault Lede	OAK	Isabelle Whang	OAK
2022	Ivor Brown	VW	Isabelle Whang	OAK
2021	Nathaniel Grannis	WC	Michayla Eisenberg	O
2019	Jacob Fisher	MHC	Ellie Joyce	DH
2018	Matthew Bray	G	Claire Vroom	GF

2017	Manuel Borowski	T	Miah Fisher	MHC
2016	Manuel Borowski	T	Anne Fowler	WG
2015	Max Flory	SR	Anne Fowler	WG
2014	Kevin Kotowski	LG	Joanna Di Scipio	LG
2013	Conor Casey	THA	Hailey Fisher	MHC
2012	Francisco Cortes-Inchauspe	SHR	Margaret Pionzio	MHC
2011	Grayson Campbell	VW	Elena Bavalack	LG
2010	Matthew Hubbard	THA	Elena Bavalack	LG
2009	Matthew Hubbard	THA	Elizabeth White	PAR
2008	Nathan Michalak	IC	Maggie Cullather	CCC
2007	Cory Bowersox	OKM	Kelli Stockton	LV
2006	Sean McKinney	NS	Maren Taylor	DR
2005	Sean McKinney	NS	Maren Taylor	DR
2004	Briggy Imbriglia	R	Andrea Sawchuk	GF
2003	Briggy Imbriglia	R	Natalie West	PAR
2002	Mikey Papageorge	FS	Natalie West	PAR
2001	Mikey McDonald	THA	Katie Gordon	OH
2000	Scott Hudson	OH	Mary Yarrison	S
1999	Andrew Barber	CH	Mary Yarrison	S
1998	Andrew Barber	CH	Claire Jakabcin	SHB
1997	Colby Carter	T	Lizzy Scerbo	W
1996	Pat Roberts	HP	Megan Barnett	DR
1995	Stephen Krebs	THA	Amber O'Reilly	HF
1994	Seamus Riley	DH	Jenny Sweeder	NS
1993	Than Doptis	O	Kristin Link	PAR
1992	Chris Alderman	CB	Kristin Link	PAR
1991	Ed Kloss	R	Minu Aghevli	CB
1990	Nelson Wood	M	Minu Aghevli	CB
1989	David Johns	R	Abby Bradley	SR
1988	David Johns	R	Robin Kane	CH
1987	Brian Kelleher	VW	Robin Kane	CH
1986	Mac McDermott	HP	Nikki Marshall	RP
1985	Bo Bloomer	HR	Dana Dodd	RFD
1984	Bryan Jones	CH	Michelle Esposito	CH
1983	Billy Milligan	CB	Liz Coniglio	VA
1982	Wes Reed	M	Richelle Bruns	MHC
1981	Wes Reed	M	JoAnne Skinner	O
1980	Clark Dorman	DR	Terri Hurley	HP
1979	Mike Hines	PL	Victoria Perdomo	SRA
1978	Matt Scoggin	GF	Liz Reynolds	AF
1977	Matt Scoggin	GF	Liz Reynolds	AF
1976	Derek Everling	SR	Debbie Reynolds	AF
1975	Billy Abba	PL	Laura Vahouny	RP
1974	Billy Abba	PL	Shawn Whitson	DR
1973	George Greenleaf	CB	Linda Hamner	CCC
1972	Chris Mano	DR	Linda Hamner	CCC
1971	Chris Mano	DR	Karen Vahouny	RP
1970	Mike Tober	O	Carol Heim	FP
1969	Snorky Roberts	LHP	Penny Sale	CCH
1968	Tom Ward	HS	Ginny Kincade	CCC

<u>Year</u>	<u>Junior Boys</u>	<u>Team</u>	<u>Junior Girls</u>	<u>Team</u>
2025	Zachary Lum	W	Charlotte Rotteveel	PAR
2024	Amir Owens	HV	Eleanor Chang	VW
2023	Cristiano Garcia	S	Cecilia Yen	O
2022	Cristiano Garcia	S	Cecilia Yen	O
2021	Thibault Lede	OAK	Isabelle Whang	OAK
2019	Ivor Brown	PT	Michayla Eisenberg	O
2018	Nicholas Wanzer	VW	Michayla Eisenberg	O
2017	Max Fowler	WG	Lucille Porter	HF
2016	Max Fowler	WG	Danielle Falcon	CP
2015	Manuel Borowski	T	Miah Fisher	MHC
2014	Aidan Thomas	WC	Anne Fowler	WG
2013	Max Flory	SR	Lindsey Butchko	THA
2012	Max Flory	SR	Hailey Fisher	MHC
2011	Parker Johnston	THA	Hailey Fisher	MHC
2010	Grayson Campbell	VW	Mariana Hershner	SHB
2009	Bennett Fagan	PC	Ellena Soule	THA
2008	Alex Dalone	THA	Alison Stickel	VW
2007	Joseph LeBerre	PC	Alison Stickel	VW
2006	Cory Bowersox	OKM	Cameron Hancock	HS
2005	Carl Buegler	AF	Sarah Trempe	PAR
2004	Sean McKinney	NS	Maren Taylor	DR
2003	Sean McKinney	NS	Maren Taylor	DR
2002	Briggy Imbriglia	R	Meg Alderman	CB
2001	Christopher Douglas	RH	Natalie West	PAR
2000	Mikey McDonald	THA	Stephannie McKinney	NS
1999	Mikey McDonald	THA	Stephannie McKinney	NS
1998	Scott Hudson	OH	Mary Yarrison	S
1997	Andrew Barber	CH	Mary Yarrison	S
1996	Andrew Barber	CH	Sarah Webb	SHB
1995	Andy Bradley	SR	Melanie Loftus	CB
1994	Andy Bradley	SR	Ashley Kirchner	O
1993	Bradley Galleher	F	Ashley Kirchner	O
1992	Bradley Galleher	F	Caren Hirai	KG
1991	Chris Alderman	CB	Nicole Perret	R
1990	Chris Alderman	CB	Nicole Perret	R
1989	Chris Alderman	CB	Minu Aghevli	CB
1988	Chris Alderman	CB	Minu Aghevli	CB
1987	Peter Nystrom	DR	Kate Moran	AF
1986	Tony Perret	R	Mary Girouard	HP
1985	Bryan Long	HP	Mary Girouard	HP
1984	Mac McDermott	RG	Dana Dodd	RFD
1983	Brian Jones	CH	Dana Dodd	RFD
1982	Mac McDermott	RG	Erin Zug	AF
1981	Mac McDermott	RG	Richelle Bruns	MHC
1980	Wes Reed	M	Sarah Ann Wholey	DR
1979	Mike Girouard	HP	Beth Mosiman	CB
1978	Tim Ungerleider	WW	Ebby Edwards	O
1977	Daniel Shannon	M	Victoria Perdomo	LHP
1976	Carlos Perdomo	LHP	Liz Reynolds	AF
1975	Carlos Perdomo	LHP	Debbie Williams	RFD

<u>Year</u>	<u>Freshman Boys</u>	<u>Team</u>	<u>Freshman Girls</u>	<u>Team</u>
2025	Matthew Robertson	WC	Holly Denniston	KG
2024	Wade Squire	SHR	Sophia Blanco	OAK
2023	Amir Owens	HV	Hannah Brubeck	SHR
2022	Amir Owens	HV	Charlotte Rotteveel	PAR
2021	Cristiano Garcia	S	Cecilia Yen	O
2019	Cristiano Garcia	S	Sophia Borowski	T
2018	Ivor Brown	VW	Sophia Borowski	T
2017	Ivor Brown	VW	Michayla Eisenberg	O
2016	Ivor Brown	VW	Helen King	SHB
2015	Max Fowler	WG	Ainsley Taylor	OKM
2014	Finn Gelbach	HV	Margaret DiScipio	LG
2013	Jacob Fisher	MHC	Miah Fisher	MHC
2012	Jacob Fisher	MHC	Margaret DiScipio	LG
2011	Max Flory	SR	Lindsey Butchko	THA
2010	Conor Casey	THA	Hailey Fisher	MHC
2009	Christopher Toomey	OH	Evelyn Gray	HS
2008	Tucker Smith	LG	Teal Schupp	FS
2007	Bennett Fagan	PC	Anise Muir	HF
2006	Bennett Fagan	PC	Alison Stickel	VW
2005	Jack Albright	CH	Mary Lynn Clark	AF
2004	Carl Buergler	AF	Maggie Cullather	SHB
2003	Carl Buergler	AF	Elizabeth Flint	R
2002	Sean McKinney	NS	Maren Taylor	DR
2001	Sean McKinney	NS	Maren Taylor	DR
2000	Danny Gordon	OH	Meg Alderman	CB
1999	Christopher Douglas	RH	Maren Taylor	DR
1998	Mikey McDonald	THA	Stephannie McKinney	NS
1997	Daniel McCarthy	CH	Lauren Peterson	FS
1996	Mikey McDonald	THA	Mary Yarrison	S
1995	Andrew Barber	CH	Mary Yarrison	S
1994	Andrew Barber	CH	Mary Yarrison	S
1993	Andy Bradley	SR	Mary Yarrison	S
1992	Andy Bradley	SR	Ashley Kirchner	O
1991	Andy Bradley	SR	Caren Hirai	KG
1990	Ben Cudd	R	Ashley Kirchner	O

*19 year old Covid-19 pandemic super seniors

ONE METER SYNCHRONIZED DIVING CHAMPIONS

<u>Year</u>	<u>13 & Up Boys</u>	<u>Team</u>	<u>13 & Up Girls</u>	<u>Team</u>
2025	Cody Schneider Ryan Wells	F CCC	Cate Lawler Sophie Leland	KG HV
2024	Nathaniel Grannis Ivor Brown	WC VW	Rowan Threadgill Beatrice Sultanaeva	G LV
2023	Brendan Doe Jon Anthony Montel	OAK OAK	Francesca Pereira Ziya Bhasin	KG KG
2022	Nathaniel Grannis Ivor Brown	WC VW	Ellie Joyce Amanda Stalfort	DH SR
2019	Jacob Fisher Matthew Bray	MHC G	Claire Vroom Minh Donnell	GF THA
2018	Joseph Perreault Sam Duncan	PC DL	Hannah Karlin Minh Donnell	O THA
2017	Nathan Holt Manuel Borowski	MHC T	Katie Vaughan Sarah Gurley	OAK OAK
2016	Jacob Fisher Manuel Borowski	MHC T	Anne Fowler Miah Fisher	WG MHC

<u>Year</u>	<u>12 & Under Boys</u>	<u>Team</u>	<u>12 & Under Girls</u>	<u>Team</u>
2025	Cormac Henderson Miller Supple	PL PL	Holly Denniston Julia Denniston	KG KG
2024	Cormac Henderson Miller Supple	PL PL	Quinn Zahler Xanthy Kuehne	RH RH
2023	Cristiano Garcia Amir Owens	S HV	CiCi Yen McKay Deegan	O O
2022	Christopher Whang Caleb McManus	OAK OAK	Allie Wiley-Jimenez Ari Wiley-Jimenez	GF GF
2019	Michael Bray Mason Waterfield	G G	Maura Leonard Libby Hall	T T
2018	Liam Miller Ivor Brown	OKM VW	Jocelyn Brooks Ellie Joyce	KG DH
2017	Jacob Fisher Matthew Bray	MHC G	Jocelyn Brooks Ellie Joyce	KG DH
2016	Max Fowler Finn Gelbach	WG HV	Jocelyn Brooks Ellie Joyce	KG DH



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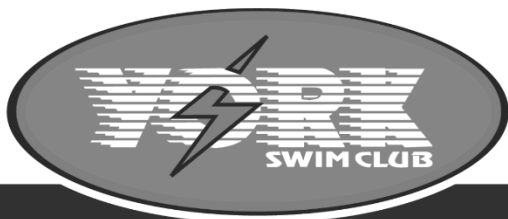
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