



2026 NVSL Synchro 1-Meter Dive Meet

Tuesday, July 28, 2026

Old Keene Mill Swim and Racquet Club
9534 Orion Court
Burke, VA 22015

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

- The purpose of the **Synchro 1-meter Meet** is to develop basic skills in synchronized diving.
- Check in for 12&U Girls will start at 8:00 am; meet is anticipated to start at approximately 9:00 am, beginning with 12&U Girls. Estimated warm-up times for 12U Boys, 13U Girls, and 13U Boys will be 10:00 pm, 11:00 pm, and 12:30 pm, respectively. Once registrations have been submitted, this timeline may shift. If meet runs ahead of schedule, events will start early.
- Teams may be comprised of divers from different NVSL Dive teams.
- There is no fee to register (if before the July 26th deadline).

FULL RULES for Synchro Meet may be found here.

AGE GROUPS:

12 & under Boys and Girls

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

13 & Up Boys and Girls

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

REGISTRATION:

Registration deadline is Sunday, July 26, 2026, at 5:00 pm.

- Entries may be scanned and emailed to the meet manager, Susan Mitchell, at susan.mitchell8894@gmail.com
- There is a \$25 late registration fee for registrations received after 5:00 pm on July 26, 2026.
- Please direct all questions to the meet manager at susan.mitchell8894@gmail.com