

2022 USA JUNIOR HIGH DIVE OPEN & JUNIOR HIGH DIVE TRAINING CAMP

Hosted by the International High Diving Institute

Camp & Meet Director:

Eleanor Smart

ellie@highdivinginstitute.com

+1(913)787-3220

Timeline:

- Wednesday August 3rd: Camp Arrival
- Thursday August 4th: Training Camp Day 1
- Friday August 5th: Training Camp Day 2 + MANDATORY SAFETY PRACTICE for those not in the camp 12-2pm
- Saturday August 6th: Training + Optional Competition (Prelims- 2 dives)
- Sunday August 7th: Training + Optional Competition (Finals- 2 dives)
- Monday August 8th: Departure

Hotel:

Best Western Plus Landmark Inn

6560 N Landmark Dr, Park City, UT 84098

Pool:

Spence Eccles Olympic Freestyle Pool

3419 Olympic Pkwy, Park City, UT 84098

Competition Guidelines:

Athletes can become eligible to compete in the 2022 USA Junior High Dive Open by one of two ways:

1. Participate in the Training Camp.
2. Attend a "Mandatory Safety" vetting session the day prior to competition. A vetting fee of \$100 will be assessed on deck.

All divers must perform the four dives they would like to compete during the training camp or vetting session to be eligible for participation in the competition. IHDI and USA Diving reserve the right to determine whether a diver is qualified to participate and what heights the diver may compete from.

USA Diving Membership:

All participants are required to have a current USA Diving “Athlete Membership” in good standing. Athletes who want to participate in the competition will need a “competition membership.” To register for USA Diving, click [here](#).

Sample Schedule: *Subject to change

<u>Training Days:</u>	<u>Prelims:</u>	<u>Finals:</u>
<ul style="list-style-type: none"> ● 8:00-9:00 Breakfast ● 10:00-12:30 Practice 1 ● 1:00-2:00 Lunch ● 3:00-5:00 Practice 2 ● 6:00-7:00 Video ● 7:00-8:00 Dinner ● 10:00 Lights out 	<ul style="list-style-type: none"> ● 8:00-9:00 Breakfast ● 10:00-11:00 Warmups ● 11:00-12:30 Competition ● 1:00-2:00 Lunch ● 3:00-5:00 Practice ● 6:00-7:00 Video ● 7:00-8:00 Dinner ● 10:00 Lights out 	<ul style="list-style-type: none"> ● 8:00-9:00 Breakfast ● 10:00-11:00 Practice ● 11:30-12:30 Lunch ● 1:00-2:30 Warmups / Finals ● 2:45 Awards ● 3-6 Senior Competition ● 7:00-8:00 Dinner ● 10:00 Lights Out

Camp Fees:

All Inclusive Camper (1 Person)	All Inclusive Camper + Guest (2 People)	Day Camper
Cost: \$1,150.00	Cost: \$1,650.00	Cost: \$400.00
<p>Includes:</p> <ul style="list-style-type: none"> ● Hotel (Double Occupancy) ● Transportation (To / From Airport & Pool) ● Meals (Breakfast, Lunch, Dinner, Snacks) ● Training & Video Analysis <p>Does NOT Include:</p> <ul style="list-style-type: none"> ● Flights ● USA Diving Membership ● Competition Entry Fees 	<p>Includes:</p> <ul style="list-style-type: none"> ● Hotel (Athlete + Chaperone) ● Transportation (To / From Airport & Pool) ● Meals (Breakfast, Lunch, Dinner, Snacks) ● Training & Video Analysis <p>Does NOT Include:</p> <ul style="list-style-type: none"> ● Flights ● USA Diving Membership ● Competition Entry Fees 	<p>Includes:</p> <ul style="list-style-type: none"> ● Training & Video Analysis <p>Does NOT Include:</p> <ul style="list-style-type: none"> ● Flights ● Hotel ● Transportation ● Meals ● USA Diving Membership ● Competition entry fee

--	--	--

COMPETITION OVERVIEW

Age Categories:

All age group high divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

Format:

- Day 1: Preliminaries
 - Athlete will perform two (2) voluntary dives
- Day 2: Finals
 - Athlete will perform two (2) optional dives

GROUP A:

Age:

- 17, 18, 19 years old

Platform Heights:

- Divers can compete from 10, 12.5, and 15 meters in the event, but only those who compete all FOUR dives from 15-meter will be eligible for the 2022 Junior Worlds Team.

Dive Requirements:

- Four (4) different standing dives from at least three (3) groups
 - At least one (1) dive must have a Barani
 - At least one (1) dive must have an unnatural entry (back or reverse rotating entries with no twists)
- Two (2) dives with a degree of difficulty of maximum 2.7
 - If the D.D of a required is less than 2.7, the calculated D.D following appendixes HD1 and HD2 will be used
 - If the D.D of a required is above 2.7, they will only receive 2.7.
- Two (2) divers without limit of degree of difficulty
 - The calculated D.D following appendixes HD1 and HD2

GROUP B:

Age:

- 14, 15, 16 years old

Platform Heights:

- Divers can compete from 10 or 12.5 meters in the event. Divers can compete from 10, 12.5, and 15 meters in the event, but only those who compete all FOUR dives from 15-meter will be eligible for the 2022 Junior Worlds Team.

Competition format:

- Four (4) different standing dives from at least two (2) groups
 - At least one (1) dive must have a Barani
 - At least one (1) dive must have an unnatural entry (back or reverse rotating entries with no twists)
- Two (2) dives with a degree of difficulty of maximum 2.7
 - If the D.D of a required is less than 2.7, the calculated D.D following appendixes HD1 and HD2 will be used
 - If the D.D of a required is above 2.7, they will only receive 2.7.
- Two (2) dives without limit of degree of difficulty
 - The calculated D.D following appendixes HD1 and HD2

GROUP C:

Age:

- 12, 13 years old

Platform Heights:

- Divers can compete from: 7.5, 10, 12.5 meters

Competition format:

- Four (4) different dives from at least two (2) groups
- Permitted Dives Include:
 - Jumps (100 & 200 A,B,C)
 - Feet First Lineups: (Falling backflip, sitting barani line up, etc.)
 - Single Flips (102, 202, 302, 402, A, B, C)
 - Baranis (5121, 5421, A, B, C)

- Double Half (5141, 5441 C,B)