

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Please circle and fill in the blanks for what you would like to dive in the upcoming meet:

101 Forward Dive (**required for all**; please select position): A B C D

or

100 Front Jump (substitute for **freshman only**; please select position): A B C D

or

001 Front Fall-in (substitute for **freshman only**; please select position): A B C D

201 Back Dive (**required for all**; please select position): A B C D

or

200 Back Jump (substitute for **freshman only**; please select position): A B C D

or

002 Back Fall-in (substitute for **freshman only**; please select position): A B C D

401 Inward Dive (required for **seniors only**; please select position): A B C D

\*Optional #1 (**required for all**)

10\_\_ Forward \_\_\_\_\_ (circle position) A B C D

or

100 Front Jump (substitute for **freshman only**; please select position): A B C D

or

001 Front Fall-in (substitute for **freshman only**; please select position): A B C D

20\_\_ Back \_\_\_\_\_ (circle position) A B C D

or

200 Back Jump (substitute for **freshman only**; please select position): A B C D

or

002 Back Fall-in (substitute for **freshman only**; please select position): A B C D

30\_\_ Reverse \_\_\_\_\_ (circle position) A B C D

40\_\_ Inward \_\_\_\_\_ (circle position) A B C D

5\_\_\_\_\_ , \_\_\_\_\_ Twist (circle position) A B C D

\*Optional #2 (required for all **except** freshman)

10\_\_ Forward \_\_\_\_\_ (circle position) A B C D

20\_\_ Back \_\_\_\_\_ (circle position) A B C D

30\_\_ Reverse \_\_\_\_\_ (circle position) A B C D

40\_\_ Inward \_\_\_\_\_ (circle position) A B C D

5\_\_\_\_\_

\*Optional #3 (required for **Intermediate and Senior only**)

10\_\_ Forward \_\_\_\_\_ (circle position) A B C D

20\_\_ Back \_\_\_\_\_ (circle position) A B C D

30\_\_ Reverse \_\_\_\_\_ (circle position) A B C D

40\_\_ Inward \_\_\_\_\_ (circle position) A B C D

5\_\_\_\_\_

\*Optional dives must be from different categories (i.e. Twist Dive, Forward 1 SS, and Inward 1 SS) and cannot repeat required dives.