



2010 Sunrise RED Schedule

Monday, May 24	Practices Begin (11 & up)
Tuesday, May 25	Practices Begin (10 & under)
Wednesday, May 26	Suits available for purchase (optional): 8:00am-10:00am at Sunrise Pool 5:45pm-7:45pm at Centennial Pool
Wednesday, June 9	Team Pictures at Sunrise Pool Individuals 9:30am, Team Picture 10:00am
Saturday, June 12	Sunrise RED at Peoria PURPLE (Dive Meet #1)
10 & under Warm-up:	7:30am Meet Starts: 8:00am
Beginners:	Front (1), Open (2)
Advanced:	Front (1), Open (2)
11 & up Warm-up:	9:00am Meet Starts: 9:30am (estimate)
Beginners:	Front (2), Open (2)
Advanced:	Front (2), Back (1), Open (2)
Friday, June 25	Peoria BLUE at Sunrise RED (Dive Meet #2)
10 & under Warm-up:	5:00pm Meet Starts: 5:30pm
Beginners:	Front (1), Back (1), Open (1)
Advanced:	Front (1), Back (1), Open (1)
11 & up Warm-up:	6:30pm Meet Starts: 7:00pm (estimate)
Beginners:	Back (2), Open (2)
Advanced:	Reverse (1), Inward (1), Open (3)
Saturday, July 3	Splash & Dash @ Sunrise Pool See website for more details.
Friday, July 9	10 & under Championships at Peoria Pool
10 & under Warm-up:	5:30pm Meet Starts: 6:00pm
Beginners:	Open (3)
Advanced:	Open (3)
Saturday, July 10	11 & up Championships at Peoria Pool
10 & under Warm-up:	5:30pm Meet Starts: 6:00pm
Beginners:	Open (4)
Advanced:	Front (1), Back (1), Reverse (1), Inward (1), Open (1)
Saturday, July 17	Swim Team Party @ Peoria Pool 5:00pm-7:00pm

Please see reverse for a list of dives to choose from. Divers will work with their coaches to determine which dives will be performed at each meet. Divers must attend practice the week of the meet. Updated information will be posted throughout the season on the Dive Team website (www.peoriaaz.gov/aquatics) and click on Dive Team).



City of Peoria Dive Team
Degrees of Difficulty

Front

Front		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
100	Forward Jump				1.0
001	Forward Dive Fall In				1.0
101	Forward Dive	1.4	1.3	1.2	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1-1/2 Somersaults	2.0	1.7	1.6	
104	Forward 2 Somersaults	2.6	2.3	2.2	
105	Forward 2-1/2 Somersaults		2.6	2.4	
5111	Forward Dive 1/2 Twist	1.8	1.7	1.6	
5112	Forward Dive 1 Twist	2.0	1.9		
5121	Forward Somersault 1/2 Twist				1.7
5122	Forward Somersault 1 Twist				1.9
5124	Forward Somersault 2 Twists				2.3
5131	Forward 1-1/2 Somersaults 1/2 Twist				2.0
5132	Forward 1-1/2 Somersaults 1 Twist				2.2

Back

Back		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
200	Back Jump				1.0
002	Back Dive Fall In				1.0
201	Back Dive	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1-1/2 Somersaults	2.5	2.3	2.0	
204	Back 2 Somersaults		2.5	2.2	
5211	Back Dive 1/2 Twist	1.8	1.7	1.6	
5212	Back Dive 1 Twist	2.0			
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 Somersaults 1/2 Twist				2.1

Reverse

Reverse		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1-1/2 Somersaults	2.7	2.4	2.1	
304	Reverse 2 Somersaults	2.9	2.6	2.3	

Inward

Inward		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault	2.0	1.7	1.6	
403	Inward 1-1/2 Somersaults		2.4	2.2	
404	Inward 2 Somersaults		3.0	2.8	