



2025 AAU Red-White-Blue
Team National Championships
Huntersville, NC
Hosted by Carolina Diving
Academy

Date: May 24th - May 26th, 2025

Meet Location: Huntsville Family and Fitness Center
11725 Verhoeff Dr.
Huntersville, NC 28078

Entry Fee **Entry Fees: \$174.50 (Entry fees are NON-REFUNDABLE).**
May 5th!

There are No dive change fees. However, divers/coaches may change dives on DiveLive until the diver and the dive is announced. After that, no dive changes.

Practice Times: **Friday** - May 24th 8:00 a.m. - 7:00 p.m. Open practice. (*Diver's coach must be present*).
Saturday - There will be open board time from 7:00 a.m. - 8:10 a.m. & after all events have concluded or until the facility closes at 6:00 p.m.
Sunday - There will be open board time from 7:00 a.m. - 8:10 a.m. & after all events have concluded or until the facility closes at 6:00 p.m.
Monday - There will be open board time from 7:00 a.m. - 8:10 a.m. only.

(Practice and start times may be altered depending on the timeline)

Facility: Four – 1 meters and Four - 3 meter springboards, Tower set: 5 meter, 7 meter, and 10 meter platform. Pool depth: 17ft.

Sponsor: Carolina Diving Academy

Meet Director: Aaron Hintz

Online Registration: Registration is completed online at DiveLive App. [CLICK HERE](#) to register
Potential refunds will be addressed by the AAU Diving Committee

Local Hotels and Accommodations - Shortest Distance to the Aquatics Center



Comfort Suites Lake Norman - Huntersville
14510 Boulder Park Dr, Huntersville, NC 28078
Preferred Meet Hotel



Best Western Plus Huntersville Inn & Suites Near Lake Norman
13830 Statesville Rd, Huntersville, NC 28078



Super 8 by Wyndham Huntersville / Charlotte Area
14135 Statesville Rd, Huntersville, NC 28078



Hampton Inn & Suites Huntersville
10305 Wilmington St, Huntersville, NC 28078



My Place Hotel - Huntersville
14725 Statesville Rd, Huntersville, NC 28078



SpringHill Suites Charlotte Huntersville
13610 Reese Blvd W, Huntersville, NC 28078

Admissions: (Sat-Mon pass) \$40 per diver/family, includes parking. \$5 for additional passes.

Important: The timeline will be emailed to coaches on or before May 20th.

Awards: AAU Medals for Places 1st - 12th.

Concessions: Available on site.

Meet Shirts: Fine Designs Meet Apparel will be available on-site!

Age Division/Skill Level:

<ul style="list-style-type: none"> ● 9 and Under Boys and Girls (Group E) ● 10 to 11 Boys/Girls (Group D) ● 12 to 13 Boys/Girls (Group C) ● 14 to 15 Boys/Girls (Group B) ● 16 to 17 Boys/Girls (Group A) ● 18 to 19 Boys/Girls (Group A) ● 20 and Over Men/Women (Group A+) 	<ul style="list-style-type: none"> ● Age is determined by December 31 of the year of the competition. ● All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.
---	---

EVENTS

Group E, 9 & Under		Group D, 10-11		Group C, 12-13		College/Sr. Open	
Boys and Girls 3 Vols, 1 opt Vols Max 1m 5.4, 3m 5.4		Boys and Girls 3 Vols, 2 opts Vols Max 1m 5.4, 3m 5.4		Girls 5 vols, 2 opts Boys 5 Vols, 3 opts Vols Max 1m 9.0, 3m 9.5		Women: 5 opts Men: 6 opts No DD limit Must use 5 groups	
Group B, 14-15		Group A, 16-17		Group A, 18-19		Masters	
Girls 5 vols, 3 opts Boys 5 Vols, 4 opts. Vols Max 1m 9.0, 3m 9.5		Girls 5 vols, 4 opts Boys 5 Vols, 5 opts Vols Max 1m 9 0, 3m 9.5		Girls 5 vols, 4 opts Boys 5 Vols, 5 opts Vols Max 1m 9 0, 3m 9.5		No Masters Events!! Must enter College/Sr. Open	

AAU Nationals Diving Platform Rules		
Group E, 9 & Under	Group D, 10-11	Group C, 12-13
Same as 10-11	Boys and Girls 5 m only Total DD ≤ 5.4 3 vols, 2 opts	5m & 7m only total DD ≤7.6 Boys: 4 vols, 3 opts Girls: 4 vols, 2 opts
Group B, 14-15	Group A, 16-18	College/Sr. Open
Tower: 5m-7m-10m, Total DD ≤7.6 Boys: 4 vols, 4 opts Girls: 4 vols, 3 opts 5 groups total	5m-7m-10m, Total DD ≤7.6 Boys: 4 vols, 5 opts Girls: 4 vols, 4 opts 6 groups total	Tower: 5m-7m-10m, no DD Limit Men: 6 opts Women: 5 opts 5 groups total

College/Senior Open (Masters):

Divers that wish to participate in the College/Senior Open (including Masters) must be over the age of 20 or currently enrolled in an institution of higher learning (College/University). There is no qualifying standard from the RWB Qualifying sites to the RWB Team National Diving Championships. However, said diver's "Team" will be determined by the nearest location to an RWB Qualifying site in relation to their training site.

AAU Membership:

- All athletes and coaches must have a current 2025 AAU Membership before registering online. The athlete's fee is \$14 and the fee for coaches is \$16.
- **IMPORTANT: Please bring a copy of your AAU Membership to the pool.**
- AAU membership is not included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. **Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at an event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.**





AAU RWB National Daily Event Schedule 2025

Friday May 23, 2025

Pool will be available from 8am – 7pm for open practice. Athlete Check-in: 8am-6pm

Saturday May 24, 2025 (Day 1)

Sunday May 25, 2025 (Day 2)

Age	Group	Level	Gender
11&U	D	Tower	Girls / Boys
12-13	C	Tower	Girls / Boys
14-15	B	1m	Boys
College/Sr. Open	A+	1m	Women
14-15	B	3m	Girls
16-17	A1	1m	Boys
16-17	A1	3m	Girls
18-19	A2	1m	Boys
18-19	A2	3m	Girls
College/Sr. Open	A+	3m	Men

Age	Group	Level	Gender
9&U	E	1m	Boys
9&U	E	3m	Girls
10-11	D	1m	Boys
10-11	D	3m	Girls
12-13	C	1m	Boys
12-13	C	3m	Girls
14-15	B	Tower	Girls / Boys
College/Sr. Open	A+	1m	Men
College/Sr. Open	A+	3m	Women
16-17	A1	1m	Girls
16-17	A1	3m	Boys
18-19	A2	1m	Girls
18-19	A2	3m	Boys

Monday May 26, 2025

Age	Group	Level	Gender
16-17	A1	Tower	Girls and Boys
18-19	A2	Tower	Girls and Boys
14-15	B	1m	Girls
12-13	C	3m	Boys
10-11	D	1m	Girls
9&U	E	1m	Girls
9&U	E	3m	Boys
10-11	D	3m	Boys
12-13	C	1m	Girls
14-15	B	3m	Boys
College/Sr. Open	A+	Tower	Men & Women

Friday May 23th- Coaches meeting 6:30 PM

Day 1 Saturday May 24th

SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 7:00 am for Dryland							
Open Warm-up: 7:30am - 9:30am	14-15	B	1m	Boys	Split	Red	Black
Event Warm-up: 9:30am - 9:55am	14-15	B	3m	Girls	Split	Blue	Green
Event: 10:00am - 11:30am	10-11	D	Platform	Boys/Girls	Combined		

SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 11:35am - 12:05pm							
Event: 12:05-1:45pm	16-17	A	1m	Boys	Split	Red	Black
	16-17	A	3m	Girls	Split	Blue	Green

SESSION 3 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 1:45pm - 2:15pm							
Event: 2:15pm - 4:30pm	18-19, Open	A / A+	3m	Girls / Men	Combined	Blue	Green
Pool open for practice until 6:30pm	18-19, Open	A / A+	1m	Boys / Women	Combined	Red	Black
Athlete Social 6:30pm-8:00pm	12-13	C	Platform	Boys / Girls			

Day 2 Sunday May 25th

SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 7:00 am for Dryland							
Open Warm-up: 7:30am - 9:30am	14-15	B	Platform	Girls			
Event Warm-up: 9:30am - 9:55am	9 & U, 10-11	E & D	1m	Boys		Red	Black
Event: 10:00am - 12:10pm	9 & U, 10-11	E & D	3m	Girls		Blue	Green

SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 12:10pm - 12:40pm							
Event: 12:40pm - 2:30pm	16-17	A	3m	Boys		Blue	Green
	18-19/Open	A / A+	1m	Girls / Men	Combined	Red	Black
	14-15	B	Platform	Boys			

SESSION 3 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 2:30pm - 3:00pm							
Event: 3:00pm - 4:40pm	18-19 / Open	A / A+	3m	Boys/Women	Combined	Blue	Green
	16-17	A	1m	Girls	Split	Red	Black

SESSION 4 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 4:40pm - 5:10pm							
Event: 5:10pm - 6:15pm	12-13	C	3m	Girls	Split	Blue	Green
Pool open for practice until 6:30pm	12-13	C	1m	Boys	Split	Red	Black

Day 3 Monday May 26th

SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:30am for Dryland							
Open Warm-up: 7:00am - 8:30am	16-17, 18-19	A / A	Platform	Girls			
Event Warm-up: 8:30am - 8:55am	14-15	B	1m	Girls		Red	Black
Event: 9:00am - 11:45am	12-13	C	3m	Boys		Blue	Green
	9 & U, 10-11	E & D	1m	Girls		Pink	Purple

Memorial Day Celebration & Picture - Awards for First session of events given AFTER Celebration

Session 2 - FINALS	Age	Group	Level	Gender	Comb/Split	Board	
MEMORIAL DAY CELEBRATION! 11:45-12	9 & U, 10-11	E & D	3m	Boys		Orange	Yellow
Event Warm-up: 12:30am - 1:00pm	12-13	C	1m	Girls		Red	Black
Event: 1:00pm - 3:15pm	14-15	B	3m	Boys		Blue	Green
	16-17, 18-19	A / A+	Platform	Men / Women	Combined		
	Open						