



# THE MORRY ARBINI INVITATIONAL

2025 AAU Red White & Blue Nationals Qualifier  
Red Central Region

**Date & Time:** April 4<sup>th</sup> – 6<sup>th</sup>, 2025

**Meet Location:** Edora Pool & Ice Center (EPIC)  
1801 Riverside Avenue, Fort Collins, CO 80526

**Meet Director:** Luke Richmond  
[meets@norcodiving.com](mailto:meets@norcodiving.com)  
970.488.0937

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## Entry Fee:

**Entry Fees:** \$50.00 per event (Entry fees are NON-REFUNDABLE).  
On Time Entry deadline is **FRIDAY, MARCH 21st at 11:59 pm MST.**

**Late Fee:** \$25.00 will be assessed, on top of the registration fee, after the deadline.

**Late Registration Deadline:** TUESDAY, APRIL 1<sup>st</sup> at 11:59 pm MST

**Deck Entry Late Fee (Day of Event):** \$50 + Event Registration Fee

There will be no dive change fees. However, once the deadline for changes has passed (3 hours before the start of the event), **absolutely NO DIVE CHANGES be made.**

**Declaration of Intent (DOI):** All divers competing in the QUALIFYING events, must fill out a DOI (**Declaration of Intention to attend link will be provided later**) the RWB Nationals on Memorial Day Weekend in Huntersville, NC, BEFORE the start of the meet! Do not forget, as AAU National Events staff will contact you to invite your diver if a spot in the top 6 opens up! [FILL OUT DOI HERE!!!](#)

## Practice Times:

Wednesday, April 2<sup>nd</sup>: 4:30p-7:30p OPEN

Thursday, April 3<sup>rd</sup>: 10a- 6:00p; OPEN

Each Competition Day (Friday – Sunday):

- 7am-8:30am OPEN
- 30-minute closed warm-up for 1<sup>st</sup> of the day's event groups
- 45-minute closed warm-up for for each following competition event group
- Event specific warm-ups may be adjusted based upon the participant volume and order of event if deemed appropriate by the Meet Director.
- Following the last event of the day, the pool will be available for OPEN WARM-UP until the pool closes at 7pm.

**Facility:** 1-Meter: Two Duraflex 1m stands w/ Maxi-B Springboards ≤ 2021  
 3-Meter: Duraflex Short Stands w/ Maxi B Springboards ≤ 2023 on concrete platform

**Sponsor:** Norco Diving & TYR

**Admissions:** \$7.50 per day or \$15 for all three competition days; payable day of event – Cash or Card

**Schedule:** Schedule can be found on DiveLive as **The Morry Arbini Invite**

**Deadlines Calendar:** It is important that all divers competing in the 6 AAU RWB Qualifiers be treated the same. Rules and deadlines are the same regardless of the meet date. We understand that the official registration closing date is after the one stated on your “Deadlines Calendar” but these need to be respected. We appreciate your help!

**Online Registration:** Registration is completed with the DiveLive app, you will need to make a diver's account. Your diver's AAU number will be required to do so. Please use the same diver's name as the one on AAU. **Potential refunds will be addressed by the Meet Director**

**Age Division/Skill Level:**

<ul style="list-style-type: none"> <li>● 9 and Under Boys and Girls (Group E)</li> <li>● 10 to 11 Boys and Girls (Group D)</li> <li>● 12 to 13 Boys and Girls (Group C)</li> <li>● 14 to 15 Boys and Girls (Group B)</li> <li>● 16 to 17 Boys and Girls (Group A)</li> <li>● 18 to 19 Boys and Girls (Group A)</li> <li>● College &amp; Open (18+)</li> </ul>	<ul style="list-style-type: none"> <li>● Age is determined by December 31 of the year of the competition.</li> <li>● All age group divers remain qualified from the 1st of January to midnight of the following 31st December in the year of competition.</li> </ul>
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**Top 6 divers in each event qualify for the Red-White-Blue National Diving Championship. Should a top 6 diver decline to attend, the 7<sup>th</sup> place diver will be invited to attend and so on.**

Divers who qualify in a springboard event automatically qualify for the Red-White-Blue Platform event. Divers who ATTEND the Red-White-Blue National Diving Championships will be outfitted. More details TBA.

**QUALIFYING EVENTS**

<b>Group E, 9 &amp; Under</b>	<b>Group D, 10-11</b>	<b>Group C, 12-13</b>
<b>Boys and Girls</b> 3 Vols, 1 opt Vols Max 1m 5.4, 3m 5.4	<b>Boys and Girls</b> 3 Vols, 2 opts Vols Max 1m 5.4, 3m 5.4	<b>Girls</b> 5 vols, 2 opts <b>Boys</b> 5 Vols, 3 opts Vols Max 1m 9.0, 3m 9.5
<b>Group B, 14-15</b>	<b>Group A, 16-17</b>	<b>Group A, 18-19</b>
<b>Girls</b> 5 vols, 3 opts <b>Boys</b> 5 Vols, 4 opts. Vols Max 1m 9.0, 3m 9.5	<b>Girls</b> 5 vols, 4 opts <b>Boys</b> 5 Vols, 5 opts Vols Max 1m 9 0, 3m 9.5	<b>Girls</b> 5 vols, 4 opts <b>Boys</b> 5 Vols, 5 opts Vols Max 1m 9 0, 3m 9.5
<b>College &amp; Open</b>		
<b>Women - 5 Opts</b> <b>Boys - 6 Opts</b>		

**Non-qualifying Events (with their rules).**

RMDL Novice Events – Mixed Gender	
6 Skill Level Categories	1m & 3m
See Attached Document for Rule Set No Age Categories; Skill Level Based	

Synchronized Diving Events – 1m & 3m		
Novice - Mixed Gender	13 & Under – Mixed Gender	14-18 – Mixed Gender
4 Skills + 2 Dives Skills Repeat w/Diff Position No Dive Repeats - 2 Groups	4 vols, 3 opts  5 groups total	4 vols, 4 opts  6 groups total

Diving Team Relay Events – Mixed Gender	
13 & Under	14-18
6 dives without limit DD of difficulty. Cover every category	
Mixed Gender	Two Age Groups - 13 & Under; 14-18

**Important:** Timelines and Event Order are contingent upon registration numbers

**Coaches Meeting:** Thursday, April 3<sup>rd</sup>. 2025 @ 7:10 pm

**Awards:** AAU Medals for Places 1<sup>st</sup> - 6<sup>th</sup>. (JO Events)  
RWB National Qualifier Certificate for Places 1<sup>st</sup> - 6<sup>th</sup>.  
RMDL Medals for Places 1<sup>st</sup> - 6<sup>th</sup> (Must be an RMDL Team)  
Non-Qualifying Events (Non RMDL); Medals 1st-3rd

**Concessions:** Yes – More Details to Come

**AAU Membership:**

- All athletes and coaches must have a current 2025 AAU Membership before registering online.
- **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.aausports.org](http://www.aausports.org) to obtain their membership.



# Schedule of Events

## Wednesday, April 2, 2025

EVENT	1 METER	3 METER
4:00 PM	Open Warm Up (4p-7:30p)	
7:30 PM		

## Thursday, April 3, 2025

EVENT	1 METER	3 METER
10:00 AM	Open Warm Up (10a-7p)	
7:00 PM	Pool Closed (7:00p)	
7:10 PM	Coaches Meeting (7:10p)	

## Friday, April 4, 2025

8:00 AM	Open Warm Up 7:00 AM- 9:00 AM	
12:00 PM		
<b>EVENT 1</b>	<b>Event 1 Closed Warm-Up; 30 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Group B - Boys	Group B - Girls
	Group C - Boys	Group C - Girls
<b>EVENT 2</b>	<b>Event 2 Warm-Up; 45 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Group D - Boys	Group D - Girls
	Group E - Boys	Group E - Girls
<b>EVENT 3</b>	<b>Event 3 Warm-Up; 45 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	13 & Under Mixed Syncro	NOVICE Mixed Syncro
	14-18 Mixed Syncro	
	Open Warm Up	
	Pool Closed (7:00p)	

## Saturday, April 5, 2025

7:00 AM	Open Warm Up - 7:00 AM - 9:00 AM	
<b>EVENT 4</b>	<b>Event 4 Warm-Up; 30 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	RMDL Novice Lvl 1 - Mixed	RMDL Novice Lvl 4 - Mixed
	RMDL Novice Lvl 2 - Mixed	RMDL Novice Lvl 5 - Mixed
	RMDL Novice Lvl 3 - Mixed	RMDL Novice Lvl 6 - Mixed
<b>EVENT 5</b>	<b>Event 5 Warm-Up; 45 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Women OPEN/Collegiate	Men OPEN/Collegiate
<b>EVENT 6</b>	<b>Event 6 Warm-Up; 45 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Group B - Girls	Group B - Boys
	Group C - Girls	Group C - Boys
<b>EVENT 7</b>	<b>Event 7 Warm-Up; 45 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Group D - Girls	Group D - Boys
	Group E - Girls	Group E - Boys
<b>EVENT 8</b>	<b>Event 8 Warm-Up; 30 minutes</b>	
	Mixed Boards - Mixed Club	
	Diving Team Event (Relay) - 13&U	
	Diving Team Event (Relay) - 16-18	
<b>EVENT 9</b>	<b>Event 9 Warm-Up; 60 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Group A1 - Girls	Group A1 - Boys
	Group A2 - Girls	Group A2 - Boys
	Open Warm Up	
	Pool Closed (7:00p)	

<b>Sunday, April 6, 2025</b>		
7:00 AM	<b>Open Warm Up - 7:00 AM - 9:00 AM</b>	
<b>EVENT 10</b>	<b>Event 10 Warm-Up; 30 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Group A1 - Boys	Group A1 - Girls
	Group A2 - Boys	Group A2 - Girls
<b>EVENT 11</b>	<b>Event 11 Warm-Up; 30 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	RMDL Novice Lvl 4 - Mixed	RMDL Novice Lvl 1 - Mixed
	RMDL Novice Lvl 5 - Mixed	RMDL Novice Lvl 2 - Mixed
	RMDL Novice Lvl 6 - Mixed	RMDL Novice Lvl 3 - Mixed
<b>EVENT 12</b>	<b>Event 12 Warm-Up; 30 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	NOVICE Mixed Syncro	13 & Under Mixed Syncro
		14-18 Mixed Syncro
<b>EVENT 13</b>	<b>Event 13 Warm-Up; 45 minutes</b>	
	<b>1 METER</b>	<b>3 METER</b>
	Men OPEN/Collegiate	Women OPEN/Collegiate

*\*Timelines are subject to change due to registration numbers or other factors. Order of events will NOT change.*

*Updated 1/28/25*

# Rocky Mountain Summer Diving League

## Level Dive Requirements



### 1-Meter

#### Level 1 (4 dives) all DD is 1.0

Forward Jump (100 a/b/c)  
Back Jump (200 a/b/c)  
Forward entry (001 a/b/c)  
Front jump .5 twist

#### Level 2 (4 dives) all DD is 1.0

Forward dive; tuck or pike (101 b/c)  
Any 3 dives or skills of your choice (X00/X001/X101+)

#### Level 3 (5 dives) all DD is 1.0

Forward dive; tuck or pike (101 c/b)  
Back dive; tuck, pike or straight (201 a/b/c)  
Inward dive tuck or pike (401 b/c)  
Any 2 dives (from different groups) \*\*No Skills\*\*

#### Level 4 (5 dives) all DD is 1.0

Req.=Any 2 dives from different groups  
Ops.=Any 3 dives from different groups  
\*\*4 categories must be represented in your list

#### Level 5 (6 dives)

DD = Table Value

Req.=Any 2 dives from different groups (total DD must NOT exceed 3.6)  
Ops.=Any 4 dives from different groups (no DD limit)  
\*\*5 categories must be represented in your list

#### Level 6 (6 dives)

DD = Table Value

1 Required dive (drawn at start of meet) DD = 1.8  
5 optional dives (from 5 different groups) DD = table value  
\*\* 5 optional dives must add to 10.0 DD or higher

### 3-Meter

#### Level 1 (4 dives) all DD is 1.0

Forward jump Back Jump  
Back Jump  
Forward entry(line-up) Front jump .5 twist  
Front jump .5 twist

#### Level 2 (4 dives) all DD is 1.0

Forward Jump (100 a/b/c)  
Back Jump (200 a/b/c)  
Forward dive; tuck or pike (101 b/c)  
Any dive or skill of your choice (X00/X001/X101+)

#### Level 3 (5 dives) all DD is 1.0

Forward dive; tuck or pike (101 b/c)  
Back dive; tuck, pike or straight (201 a/b/c)  
Inward dive tuck or pike (401 b/c)  
Any 2 dives (from different groups) \*\*No Skills\*\*

#### Level 4 (5 dives) all DD is 1.0

Req.=Any 2 dives from different groups  
Ops.=Any 3 dives from different groups  
\*\*4 categories must be represented in your list

#### Level 5 (6 dives)

DD = Table Value

Req.=Any 2 dives from different groups (total DD must NOT exceed 3.8)  
Ops.=Any 4 dives from different groups (no DD limit)  
\*\*5 categories must be represented in your list

#### Level 6 (6 dives)

DD = Table Value

1 Required dive (drawn at start of meet) DD = 1.9  
5 optional dives (from 5 different groups) DD = table value  
\*\* 5 optional dives must add to 10.0 DD or higher



## **From the Families of Norco Diving**

**WELCOME! Here is some additional information you may find helpful!**

### **Fort Collins, Colorado: Hotel and Activity Guide**

Welcome to Fort Collins, the proud host of the **Morry Arbini Invitational - Red Central AAU Nationals Qualifier!** As families, divers, and coaches with Norco Diving, we're thrilled to showcase our amazing city and ensure you have an unforgettable experience. This four-day meet (with the first day dedicated to warm-ups) is more than just a competition—it's an opportunity to connect, explore, and create lasting memories. From nearby accommodations to family-friendly activities, local dining, and quick bites, here's everything you need to make the most of your visit.

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### **Hotels Near Edora Pool and Ice Center (EPIC)**

Stay close to the action at these top hotels, conveniently located near EPIC (1801 Riverside Ave):

- **Hilton Fort Collins**
    - Address: 425 W Prospect Rd
    - Highlights: Comfortable rooms, on-site dining, and a short drive to the venue.
  - **Marriott Fort Collins**
    - Address: 350 E Horsetooth Rd
    - Highlights: Modern amenities, indoor pool, and family-friendly atmosphere.
  - **Holiday Inn Express & Suites Fort Collins**
    - Address: 1426 Oakridge Dr
    - Highlights: Free breakfast, a fitness center, and great value for families.
  - **Best Western University Inn**
    - Address: 914 S College Ave
    - Highlights: Close to Old Town, with excellent service and amenities.
  - **Quality Inn & Suites University**
    - Address: 4001 S Mason St
    - Highlights: Budget-friendly with easy access to Fort Collins attractions.
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## Why Choose Fort Collins for the Morry Arbini Invitational as your AAU RWB Nationals Qualifying Location?

When it comes to hosting a diving meet, Fort Collins sets the standard. Our city combines a diver and spectator facilities along with a vibrant community that welcomes athletes and families from all over. Beyond the competition, you'll find breathtaking scenery, springtime blooms, and endless activities to keep everyone entertained. The **Morry Arbini Invitational** isn't just another meet; it's an experience that you'll cherish long after you leave.

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## Things to Do in Fort Collins in April

Spring in Fort Collins is a celebration of outdoor adventure and family fun. Here are some highlights to enjoy between dives:

1. **Explore Old Town Fort Collins**
    - Discover boutique shops, local art, and live music in this charming, historic district.
  2. **Horsetooth Reservoir**
    - Perfect for hiking, biking, or picnicking with stunning views of the Rockies.
  3. **Fort Collins Museum of Discovery**
    - A family favorite with interactive exhibits and hands-on science experiences.
  4. **Spring Brewery Tours**
    - Fort Collins is renowned for its craft beer scene! Don't miss New Belgium Brewing or Odell Brewing Company for a tour and tasting.
  5. **The Gardens on Spring Creek**
    - Relax and take in the beauty of spring flowers and nature.
  6. **Family Fun at The Farm at Lee Martinez Park**
    - A great spot for kids with a petting zoo, pony rides, and more.
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## Local Favorites: Places to Dine

### Family-Friendly Restaurants

- **The Mayor of Old Town**
  - Famous for craft beer and delicious burgers—a hit for parents and kids alike.
- **Lucile's Creole Cafe**
  - Dive into Creole classics like beignets and hearty breakfasts in a cozy setting.
- **Beau Jo's Colorado Style Pizza**
  - Known for their Mountain Pies, served with honey for dipping the crust!

## Quick Bites

- **Snooze, an A.M. Eatery**
    - Creative breakfast dishes served all day—perfect for an early start to the competition.
  - **Big Al's Burgers and Dogs**
    - A local favorite for gourmet burgers and hand-cut fries.
  - **The Waffle Lab**
    - Handcrafted waffles with both sweet and savory toppings—a must-try!
  - **Choice City Butcher & Deli**
    - Stop in for a quick, high-quality sandwich or bowl of soup.
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## Make It a Meet to Remember!

Choosing Fort Collins for the **Morry Arbini Invitational** as your - **Red Central AAU Nationals Qualifier** isn't just about attending a diving competition; it's about experiencing the best of what our city has to offer. With its scenic beauty, top-tier facilities, and warm community, Fort Collins promises an adventure-filled, family-friendly destination. We can't wait to welcome you to EPIC and see you shine on the boards. Safe travels, and let's make this meet unforgettable!