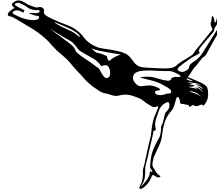


Hidden Hollow's 23rd Annual
Springboard and Platform
Diving Invitational
June 26th and 27th, 2010



Springboard and Platform Diving
June 26th 2 PM Warm Up 3 PM Start

<u>Ages</u>	<u>Platform</u>	<u>Springboard</u>
10& under	3 dives	3 dives
11-14	3 dives	4 dives

June 27th 8:00 Am Warm up 9:00 Start

<u>Ages</u>	<u>Platform</u>	<u>Springboard</u>
15-18	3 dives	5 dives
19@ over	3 dives	5 dives

Springboard first dive: 1.9 or lower (may repeat first category)

Platform: Front Dive required

Awards:

Springboard - Top 5 Men & Women in each age group

Platform - Top 3 Men & Women in each age group

Registration

1 event \$15.00

2 events \$20.00 (Includes T-shirt)

All Participants must sign a disclaimer

Open to Public: Admission \$1.00

(Non swimmers)

Swimmers must pay guest fees

Food Concessions available

Practice open 6-8 PM Wednesday, Thursday and Friday

Parent or coach **MUST** be present during practice.

Phone Hidden Hollow: 610-566-9860 or Mary Schlegel 610-517-6509