

**2009 - 2010 West Central District III  
Girls' State/District Qualifying 11 Dive Meet  
Mt. Rainier High School Pool  
Saturday, October 17<sup>th</sup>, 2009**

- Who:** Any WCD III Diver. 2A, 3A & 4A
- Boards:** Two - 1 meter Maxi flex B "cheese boards" with Durafirm stands.
- Times:**
- |                 |         |
|-----------------|---------|
| Warm-up         | 8:00 am |
| Dive sheets due | 8:00 am |
| Start           | 9:00 am |
- Entry Fee:** No diver entry fee!
- Spectator Fee:** Adults & Students W/O ASB cards \$5.00  
Seniors & Students with ASB cards \$3.00
- Rules:** National HS Federation Rules.  
A School coach IS REQUIRED on the deck!  
Divers must use 2009 /2010 State Dive Forms!

State Qualifying scores:			WCD III Qualifying scores:		
2A	280 pts	11.6dd	2A	180 pts.	
3A	300 pts	11.6dd	3A	225 pts.	
4A	315 pts	11.6dd	4A	230 pts.	

All State qualifying sheets and the meet results will be forwarded to Bob Regan the State Meet Manager.

**Spectator fees:** Please let your parents know there will be a fee!

**Pool Address:** 22722 19<sup>th</sup> Ave. So.  
Des Moines, WA 98198

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