

2023 Scores to AAU Nationals

If you competed in a meet between the 2022 and 2023 AAU Diving Nationals, please use the table below to verify your score as meeting the minimum qualifying score(s) to compete at the 2023 AAU Diving Nationals.

Group E	1 Meter	3 Meter	Platform
9 & Under Girls	No minimum score (coaches please use discretion)		
9 & Under Boys	No minimum score (coaches please use discretion)		
Group D	1 Meter	3 Meter	Platform
10-11 Girls	130 (5 Dives)	140 (5 Dives)	130 (5 Dives)
	150 (6 Dives)	160 (6 Dives)	
10-11 Boys	120 (5 Dives)	125 (5 Dives)	130 (5 Dives)
	140 (6 Dives)	150 (6 Dives)	
Group C	1 Meter	3 Meter	Platform
12-13 Girls	205 (7 Dives)	210 (7 Dives)	160 (6 Dives)
	225 (8 Dives)	235 (8 Dives)	
12-13 Boys	185 (7 Dives)	195 (7 Dives)	190 (7 Dives)
	210 (8 Dives)	225 (8 Dives)	
Group B	1 Meter	3 Meter	Platform
14-15 Girls	250 (8 Dives)	260 (8 Dives)	248 (7 Dives)
	284 (9 Dives)	294 (9 Dives)	
	362 (11 Dives)		
14-15 Boys	250 (9 Dives)	270 (9 Dives)	280 (8 Dives)
	382 (11 Dives)		
Group A	1 Meter	3 Meter	Platform
16-18 Girls	305 (9 Dives)	315 (9 Dives)	245 (8 Dives)
	340 (10 Dives)	350 (10 Dives)	275 (9 Dives)
	372 (11 Dives)		
16-18 Boys	365 (10 Dives)	390 (10 Dives)	305 (9 Dives)
	405 (11 Dives)	430 (11 Dives)	335 (10 Dives)
Open Group	1 Meter	3 Meter	Platform
19 & Over Girls	No minimum score (coaches please use discretion)		
19 & Over Boys	No minimum score (coaches please use discretion)		

Coaches: Please note that there is no qualifying standard for the 9 & unders. They will be doing 4 dives – 3 voluntaries and 1 optional on 1 and 3 meter. Please use your discretion by bringing divers who you feel are capable of competing at this meet. There is no 9 & under platform event, but 9 & unders may compete in the 11 & under platform.

Age groups are determined by the divers' age on December 31st of the calendar year (FINA age). All divers must compete in their age group and qualify in that age group.

Preliminaries may be run as combined events. Example, Group D may be run for 10s and 11s together and then a final for the top twelve 10 year olds and a final for the top 11 year olds may be held.

Tower events will be run as finals only.

Divers who qualify on 3 meter may compete in the tower event. Coaches, please use your discretion. Divers should not be learning dives at the meet site. The tower minimums are there for tower specialists who do not achieve a springboard score.

State Games following the AAU format may be used for qualifying scores. Also placing in the top 3 at an AAU District Championship will qualify.

Proof of qualifying scores may be required at the meet site. Divers or coaches should bring qualifying dive sheets plus meet results available for proof of performance.

Group E, 9 & U	Group D, 10-11	Group C, 12-13	Group B, 14-15	Group A, 16-18
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	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