

## How to make a valid 11-dive list for High School Diving

The BEST way to ensure you have made a legal list is to use Dive Verifier. This is an excel program that uses macros to verify that your list follows all requirements. It will also tell you what the error is so you can easily correct it. You may be prompted to enable macros to use the program, do enable it or your list will not be verified. You can download the program for free here: <http://diverline.com/DiveVerifierInfo.html>

Be sure to download the High School version, not the US version. You can type directly into this program and save, print, or email individual entries for various meets. You can also use it for 6-dive meets. Some meet directors require that you send your entries in this format to save time correcting lists at the meet.

The program is fairly intuitive, but if you have trouble with it there is a detailed help file found by clicking on the HELP tab at the bottom of the window.

If you choose not to use Dive Verifier, then all 11-dive lists must follow all of the rules listed below:

1. The 11 dives must consist of at least 1 vol & 1 opt from each group, plus one more optional from any group. The total DD for the voluntaries cannot exceed 9.0 using the assigned DDs from the DD table. I find it easiest to make a list of all 11 dives, in order by group, and labeled V or O, then check them off as I plug them into the dive verifier program or hand write my dive sheet.
2. The first 5 dives (the prelims) must contain 2 voluntaries (also called “requireds”) and 3 optionals. These can be in any order within the first 5 rounds.
3. Dives 6-8 (semifinals) must contain 2 voluntaries and 1 optional.
4. Dives 9-11 (finals) must contain 1 voluntary and 2 optionals.
5. You must include at least 1 of each dive group (front, back, inward, reverse, & twister) in the first 8 rounds. This means you cannot leave all of your least favorite group for the end. It also means that typically you need one dive from your tripled-up group (the extra vol) to go in the last 3 rounds.
6. You must circle/label each of your voluntaries as such. In dive verifier you will have a drop-down menu to change each label. Sometimes your order seems right yet you get an error – in this case check that your dives are all labeled correctly as Vol or Opt.

**\*\*IMPORTANT\*\*** The State Qualifying Meet will end after the 8<sup>th</sup> round when the field is cut to the top 32 divers. Your entry lists must still be in LEGAL 11-dive format, even though the last 3 dives will not be performed. You cannot just take the diver’s lowest 3 DDs and put them last. If you make a change on deck which renders your list illegal, then you and your diver sign it, the diver will be disqualified from the meet. Best to make sure it is correct before you enter it in the first place!