

**SEVENTH ANNUAL GIRL'S CRUSADER DIVING  
CARNIVAL  
SPONSORED BY THE M-W GIRL'S SWIMMING & DIVING  
TEAM**

**WHERE:** Monroe-Woodbury Middle School  
199 Dunderberg Road  
Central Valley, NY 10917

**DATE:** Friday October 9th 2009

**WARM UP:** 2:00 P.M.-4:00 P.M. (BOTH BOARDS OPEN)

**DIVE SHEETS DUE:** 3:00 P.M.

**COACHES MEETING:** 4:05

**START:** 4:15 P.M.

**ENTRY FEE:** \$50 Per School-Please make checks payable to:

**M.W.C.S.D.**

C/O Justin Wright  
MW Middle School  
199 Dunderberg Road  
Central Valley, N.Y. 10917

**MEET FORMAT:** This will be an **11 dive meet**. Dives 1-5: 2 Voluntary & 3 Optional, dives 6-8: 2 Voluntary & 1 Optional, and dives 9-11: 1 Voluntary, 2 Optional. There will be five officials present (championship format) all rules/regs will be followed. Entries are unlimited. Remember, this meet can be used for an 11 dive, in season qualifying meet for NYS Championships!

**AWARDS:** Medals awarded to top 8 finishers, and a plaque will be awarded to the top team finisher. Top 16 finishers score points.

**NEED MORE INFO?** If you have any questions please contact Justin Wright at the M-W pool (845) 460-6400 X6446 or email: [coachwrightswim@yahoo.com](mailto:coachwrightswim@yahoo.com)

**Deadline:** Please let us know if you can make it by the end of the school year. Payment is due on or before October 9th.