



1st Annual Pan-Orthodox Cross Dive

October 1, 2022

9:00 a.m.

Precedes the Annual
Fr. Sav. Mission Walk

First Landing State Park
Welcome Center (Bay Side)
2500 Shore Drive
Virginia Beach VA 23451

Divers must register by September 25th

www.stnicksgoc.org/registrationcrossdive

See back for participant instructions

Who Performs the Dive: Orthodox Boys & Girls Ages 15 to 18. Divers representing each parish will be selected by their parish GOYA. Once you are chosen please register to participate.

Who can come: All GOYAnS and parishioners are invited to attend and support their parish divers.

How Many Dives: We will have a boy dive & girl dive.

How Many Kids Dive: Each church can have up to 3 boy and 3 girl participants representing their Church.

What Kind of Cross: We use a weighted Wooden Cross.

Safety: To ensure that safety is maintained, prior to registration all swimmers must be able to swim. Certified personnel provided. Waiver form is available at <https://www.stnicksgoc.org/waiverform>.

What to Wear: Divers need to bring bathing suit (girls are required to wear one-piece with bottom shorts) (boys are required to wear swimming trunks) All swimmers are required to wear cross dive event t-shirt when diving for cross) (event t-shirt to be gifted to divers). Please bring a change of clothes so you can participate in the Mission Walk following the dive. Bathrooms are onsite.

Reward: “Winners” will keep the Cross. **New Crosses** will be purchased each year.

Divers must register by September 25th at www.stnicksgoc.org/registrationcrossdive