2026 USA Diving Region 10 Championships

Meet Information Packet

Miwok Aquatic and Fitness Center – Novato, California

April 25-26, 2026

Event Page Link

Thank you to our sponsors:

VENUE

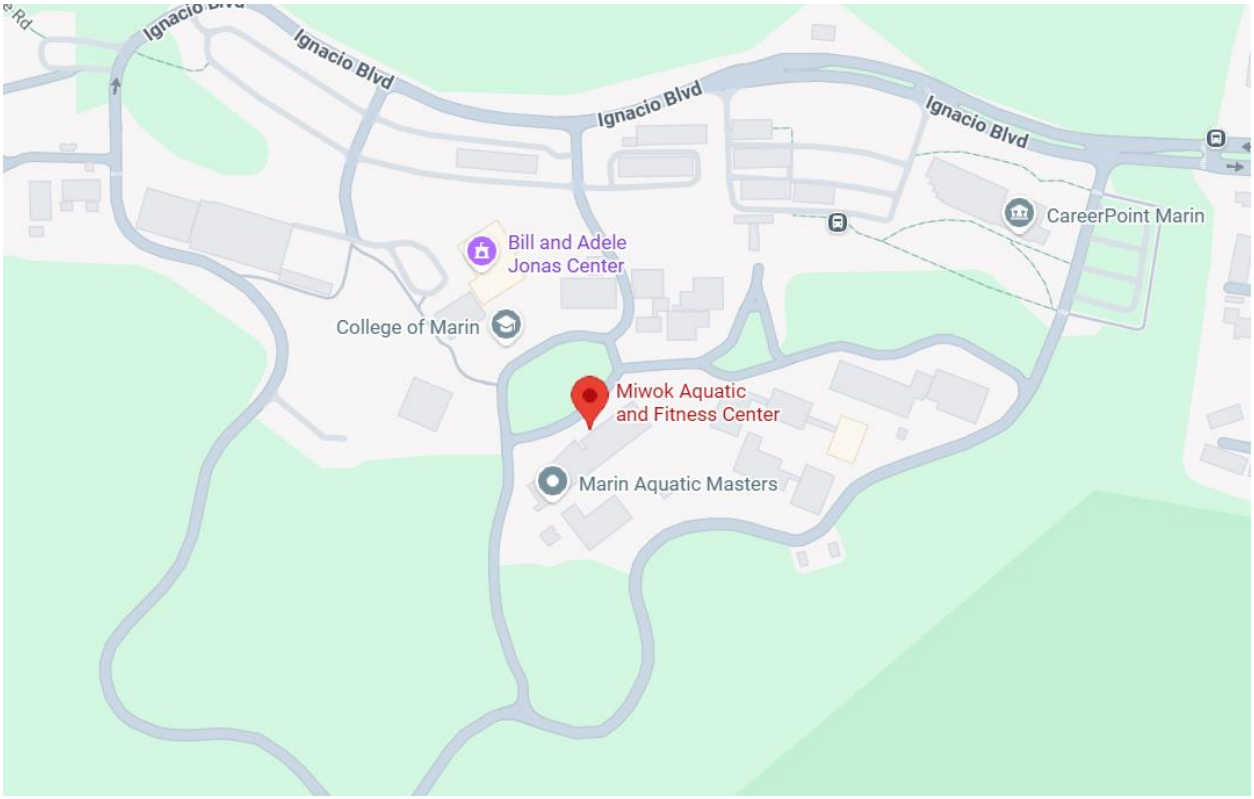
Miwok Aquatic and Fitness Center

1800 Ignacio Blvd

Novato, CA 94949

Facility Link

MAP



MEET CONTACT INFORMATION

Miranda Maas

415-497-8366

Info@divelab.org

DATES

Practice Dates: April 24, 2026

Competition Dates: April 25-26, 2026

FACILITY AND EQUIPMENT

Pool Equipment: Two 1-meter and two 3-meter Maxiflex Model B springboards.

Dryland Equipment: Stretching mats for general use.

REGISTRATION

All participants must be "Current" members of USA Diving. All athlete and coach entries must be made online at www.divemeets.com prior to April 10 at 5:00 PM EST. No athlete or coach will be permitted access to the pool deck without having completed their DiveMeets registration. Athletes may still register after the deadline up until three hours prior to their event with an added $100 Late Registration fee. **As of the 2026 season, coaches who miss the online registration deadline will incur a $50 Late Registration fee, which must be paid prior to deck authorization.**

The entry fees for all 2026 Regional Championships total $85 per event. For more information about entry fees, please CLICK HERE to visit the USA Diving Website where more information can be found.

DIVE CHANGES

All dive changes, including payment, MUST be made online through DiveMeets. Athletes may log into their DiveMeets account to review and update their dive sheets within the timeline outlined below:

1. Changes may be made online at no cost before 6:00 PM the night prior to the first day's events, and before 12:00 PM the day prior to all competition days thereafter.
2. After the designated times in point 1, athletes may make changes to their dive sheets online at a cost of $15 per event up until three hours prior to their event start time.
3. Dive changes will no longer be accepted three hours prior to the corresponding event.

PARTICIPANT COMPORTMENT

USA Diving promotes good sportsmanship from athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racist or sexist comments, or other intimidating actions directed at judges, meet personnel, athletes, coaches, spectators, or team representatives are grounds for removal from the site of competition. Thank you in advance for your cooperation.

Hazing, harassment, intimidation, menacing or bullying, and acts of cyberbullying by members towards any member is strictly prohibited. Retaliation against any person who reports, is thought to have reported, files a complaint or otherwise participates in an investigation or inquiry is also strictly prohibited. False charges shall also be regarded as a serious offense and will result in disciplinary action or other appropriate sanctions. Persons whose behavior is found to be in violation of this policy will be subject to discipline, up to and including expulsion. USA Diving may also make referrals to law enforcement officials.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

Changing into or out of swimsuits other than in locker rooms or designated changing rooms is not appropriate and is prohibited.

Athlete Safety Policy: https://www.usadiving.org/resources/safe-sport

TECHNICAL MEETING

The Technical Meeting will be conducted virtually via Zoom on Monday of competition week (final time to be communicated). The Zoom link will be posted on the event webpage and distributed to all registered coaches in advance of the meeting.

Attendance at the Technical Meeting is mandatory for all coaches in order to receive pool deck access for the competition. Coaches who are unable to attend the live meeting must view the recorded Technical Meeting prior to accessing the pool deck.

Failure to attend the meeting or review the recording may result in denial of deck credentials per article 106.9 of the 2026 USA Diving Official Rulebook.

ORDER OF EVENTS

Please refer to the Event Information page for the official Order of Events.

JUDGING

Each region will be attended by one AQUA-Certified USA Diving Judge to serve as a Head Referee of the event and two AQUA-Certified USA Diving Judges to serve as Assistant Referees.

CHECK-IN TABLE

The check-in table will be located at the side gate near the diving well.

RESTROOMS

Athletes - Located in the athlete locker rooms in the main building.

Coaches/Staff/Adults - Located behind the judging table.

Spectators - Located behind the judging table.

FIRST AID/MEDICAL SERVICES

Certified lifeguards will be on duty throughout the competition. The lifeguards on duty are the primary first responders for all in-water emergencies and first aid situations. First aid services are located in the first aid office. In the event of an emergency, all participants, coaches, and spectators should immediately notify the nearest lifeguard and follow their instructions.

ATHLETIC TRAINING/PHYSIOTHERAPY

No athletic training and/or physiotherapy services will be provided.

If your team plans on bringing their own athletic trainer or physiotherapist, please contact Riley McNichols, riley.mcnichols@usadiving.org, prior to the late fee registration deadline to ensure that they meet the membership requirements for USA Diving.

COACH HOSPITALITY

Coach hospitality will be located in the classroom in the main building during all hours the pool is available to divers.

EVENT MERCHANDISE

Custom, event-branded apparel will be available on-site, provided by USA Diving's merchandise partner. Get your 2026 USA Diving Regional Championships gear at their stand throughout the event!

PARKING

Parking is available in the lots at the College of Marin, Indian Valley Campus. Some lots are free, while others require payment. Additional parking information, including permits and rates, can be found on the College of Marin website.

Pool drop-off is not permitted via the fire road. Only vehicles with official ADA placards may access the fire road. All athletes must be dropped off in the designated parking lots.

TICKETING

TBD

FOOD/CONCESSIONS

No on-site concessions. Outside food and drinks are permitted.

VENDORS

No on-site vendors.

WI-FI

Wi-Fi will be available for guests.

STREAMING

The competition will be livestreamed via the Dive Lab Instagram @divelabnorcal