

# MEET INFORMATION PACKET



2025 USA Diving Region 2 Championships

Venue – Hampton, Virginia

Date - May 3-4, 2025

Event Page Link - <https://www.usadiving.org>



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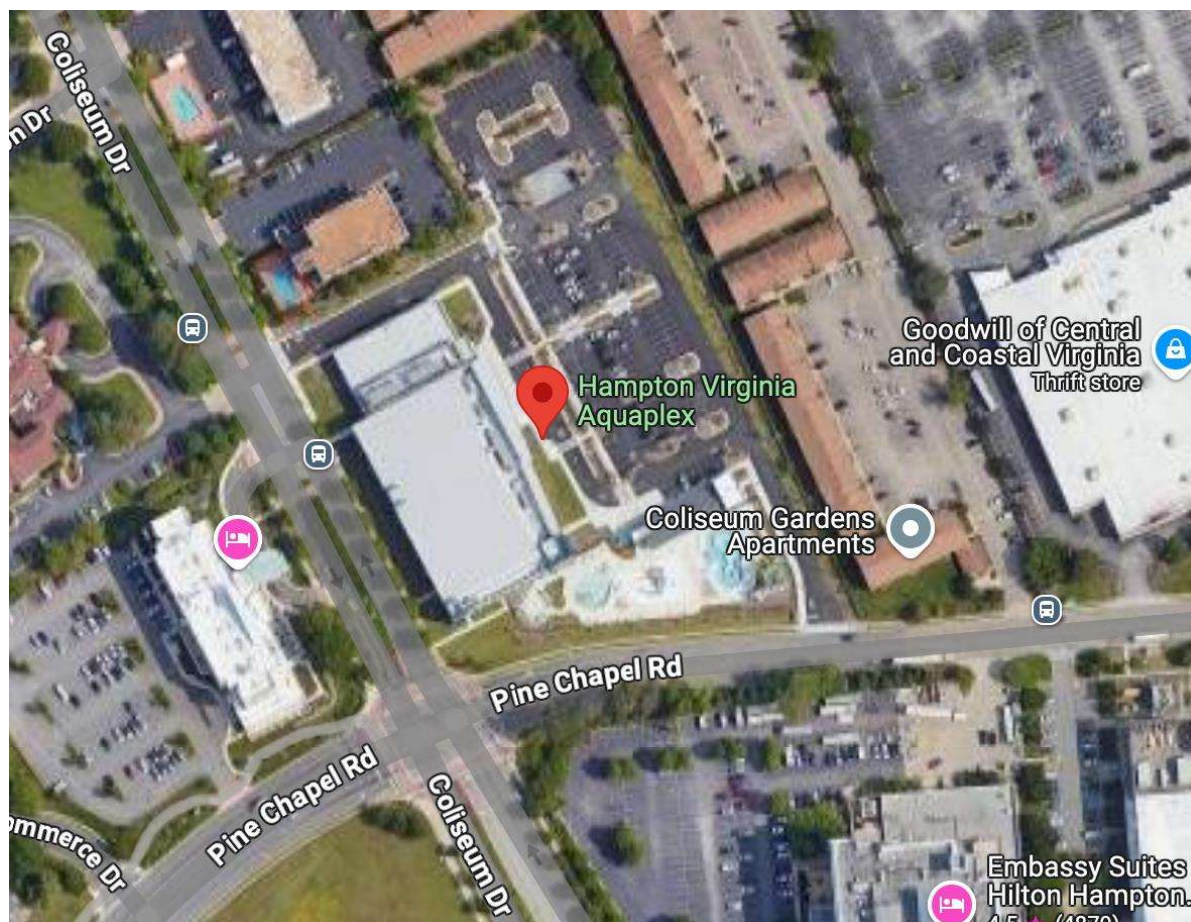
**VENUE**

Hampton Virginia AquaPlex

1908 Coliseum Dr

Hampton, Virginia 23666

<https://www.hamptonaquaplex.com/>

**MAP****MEET CONTACT INFORMATION**

Diane Maiese

856-816-0153

diane@diverva.com

**DATES**

Practice Dates: May 2

Competition Dates: May 3-4



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**FACILITY AND EQUIPMENT**

2 – One Meter Model B Maxiflex boards on Duraform Stands,

2 - Three Meter Model B Maxiflex boards on Duraform Stands

Hot tub on one meter side of pool deck

**REGISTRATION**

All participants must be “Current” members of USA Diving. All athlete and coach entries must be made online at [www.divemeets.com](http://www.divemeets.com) prior to April 21 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 3 hours prior to their event with an added late fee of \$100. If a coach misses the online registration deadline, a \$20 late fee will be assessed prior to deck authorization.

The entry fees for all 2025 Regional Championships total \$85.00 per event. For more information about how these fees are broken down and how they are used, please [CLICK HERE](#) to visit the USA Diving Website where more information can be found.

**DIVE CHANGES**

All dive changes, including payment, MUST be done 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 6pm the night prior to the first day's events, and before 12pm 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 3 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.



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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 held on May 2 at 6pm

### **ORDER OF EVENTS**

DAY 1 – MAY 3	DAY 2 – MAY 4
1 Meter:  Boys D (11 & Under) Boys C (12 – 13) Girls B (14 – 15) Girls A (16 – 18)	1 Meter:  Girls D (11 & Under) Girls C (12 – 13) Boys B (14 – 15) Boys A (16 – 18)
3 Meter:  Girls D (11 & Under) Girls C (12 – 13) Boys B (14 – 15) Boys A (16 – 18)	3 Meter:  Boys D (11 & Under) Boys C (12 – 13) Girls B (14 – 15) Girls A (16 – 18)

### **JUDGING**

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



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## Springboard Rules Summary

Group	Event	Total Dives	Degree of Difficulty (DD) Limit	Additional Rules
A (16-18)	Girls' 1m & 3m	9	9.0 (1m), 9.5 (3m)	5 dives from different groups (DD limit), 4 dives without limit from different groups
A (16-18)	Boys' 1m & 3m	10	9.0 (1m), 9.5 (3m)	5 dives from different groups (DD limit), 5 dives without limit from different groups
B (14-15)	Girls' 1m & 3m	8	9.0 (1m), 9.5 (3m)	5 dives from different groups (DD limit), 3 dives without limit from different groups
B (14-15)	Boys' 1m & 3m	9	9.0 (1m), 9.5 (3m)	5 dives from different groups (DD limit), 4 dives without limit from different groups
C (12-13)	Girls' 1m & 3m	7	9.0 (1m), 9.5 (3m)	5 dives from different groups (DD limit), 2 dives without limit from different groups
C (12-13)	Boys' 1m & 3m	8	9.0 (1m), 9.5 (3m)	5 dives from different groups (DD limit), 3 dives without limit from different groups
D (11&U)	Girls' & Boys' 1m & 3m	6	7.0 (1m), 7.6 (3m)	4 dives from different groups (DD limit), 2 dives without limit from different groups
A/B Combined	Synchr onized 3m	5	2.0 for first 2 dives	Must include dives from at least 4 different groups





## Platform Rules Summary

Group	Event	Total Dives	Degree of Difficulty (DD) Limit	Additional Rules
A (16-18)	Girls' Platform (5m, 7.5m, 10m)	8	7.6	4 dives from different groups (DD limit), 4 dives without limit, at least 5 groups used
A (16-18)	Boys' Platform (5m, 7.5m, 10m)	9	7.6	4 dives from different groups (DD limit), 5 dives without limit, all 6 groups used
B (14-15)	Girls' Platform (5m, 7.5m, 10m)	7	7.6	4 dives from different groups (DD limit), 3 dives without limit, at least 5 groups used
B (14-15)	Boys' Platform (5m, 7.5m, 10m)	8	7.6	4 dives from different groups (DD limit), 4 dives without limit, at least 5 groups used
C (12-13)	Girls' Platform (5m, 7.5m)	6	7.6	4 dives from different groups (DD limit), 2 dives without limit
C (12-13)	Boys' Platform (5m, 7.5m)	7	7.6	4 dives from different groups (DD limit), 3 dives without limit
D (11&U)	Girls' & Boys' 5m	6	7.6	4 dives from at least three different groups (DD limit), up to one lineup dive (001 or 002, DD = 1.0) allowed, and 2 dives without limit from two different groups.
D * (11&U)	Girls' & Boys' 5m (For International Consideration)	6	7.6	4 dives from at least four different groups (DD limit) 2 dives without limit from two different groups.
A/B Combined	Synchronized Platform (5m, 7.5m, 10m)	5	2.0 for first 2 dives	Must include dives from at least 4 different groups



**CHECK-IN TABLE**

Located at the main entrance of the building before entering the pool on the first floor.

**RESTROOMS**

Restrooms for athletes will be in locker rooms only.

Restrooms for Coaches and Officials will be in 3 family restrooms in the wet hallway between the pool deck and locker rooms. 1 family restroom will remain a public family restroom for parents with infants or children requiring assistance.

Restrooms for spectators will be in the front hallway on the first level and hallway on the second level spectator seating.

All restrooms will have signage designating the above.

**FIRST AID/MEDICAL SERVICES**

First aid / injury ice will be available in the first aid office on the pool deck behind starting block #2.

**ATHLETIC TRAINING/PHYSIOTHERAPY**

If your team is bringing any medical personnel, you must email [michael.retcher@usadiving.org](mailto:michael.retcher@usadiving.org) before the registration late fees take effect for them to be permitted on deck.

**COACH HOSPITALITY**

Coaches' hospitality will be available in the Team Room behind starting blocks #5 through #8.

**EVENT MERCHANDISE**

Custom, event-branded apparel will be available on-site, provided by USA Diving's merchandise partner, Fine Designs. Get your 2025 USA Diving Regional Championships gear at their stand throughout the event!

Event merchandise will be sold in the Multipurpose Room next to the front desk.





**PARKING**

Parking will be in the HVA parking lot. Overflow parking will be in the designated overflow lot adjacent to the facility next to Hampton Coliseum.

**FOOD/CONCESSIONS**

Concessions will be available throughout competition days. The concession stand is on the main floor at the end of the entrance hallway.

**VENDORS**

TBD

**WIFI**

Free wifi is available on-site.



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**DECK MAP**

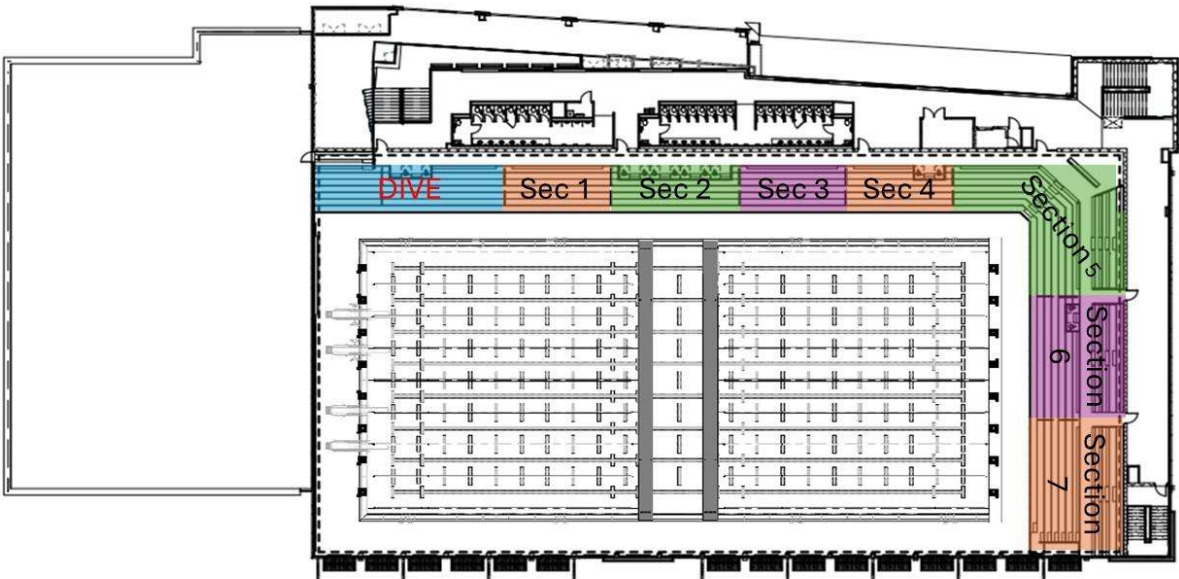
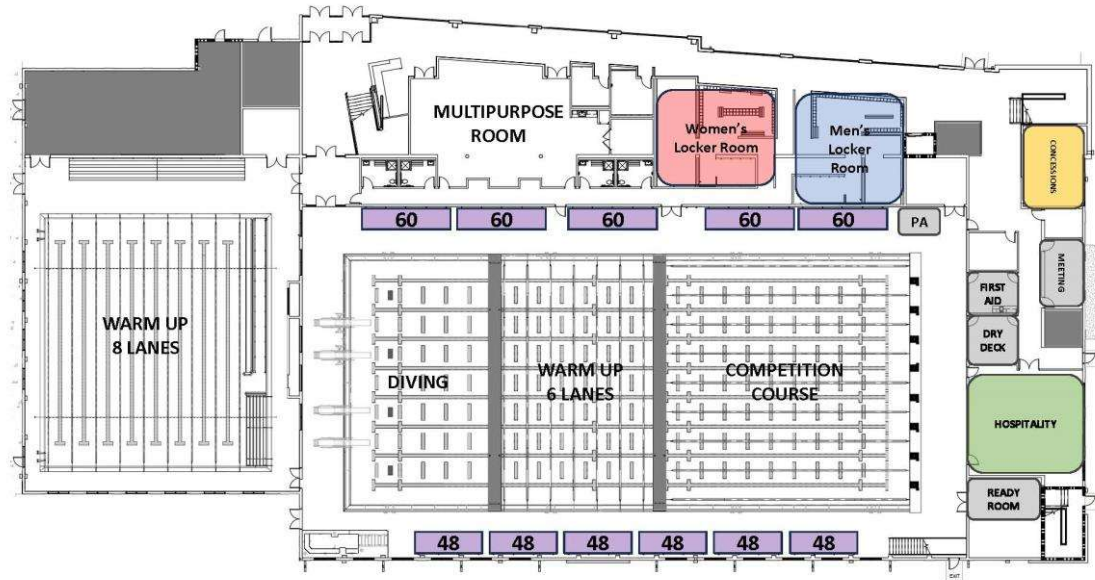


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CHAMPIONSHIP EVENT LAYOUT



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