

## MEET INFORMATION PACKET



2025 USA Zone E Championships

Venue – Novato, California

Date – June 20-22, 2025

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



USA DIVING 2025 ZONE E  
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## VENUE

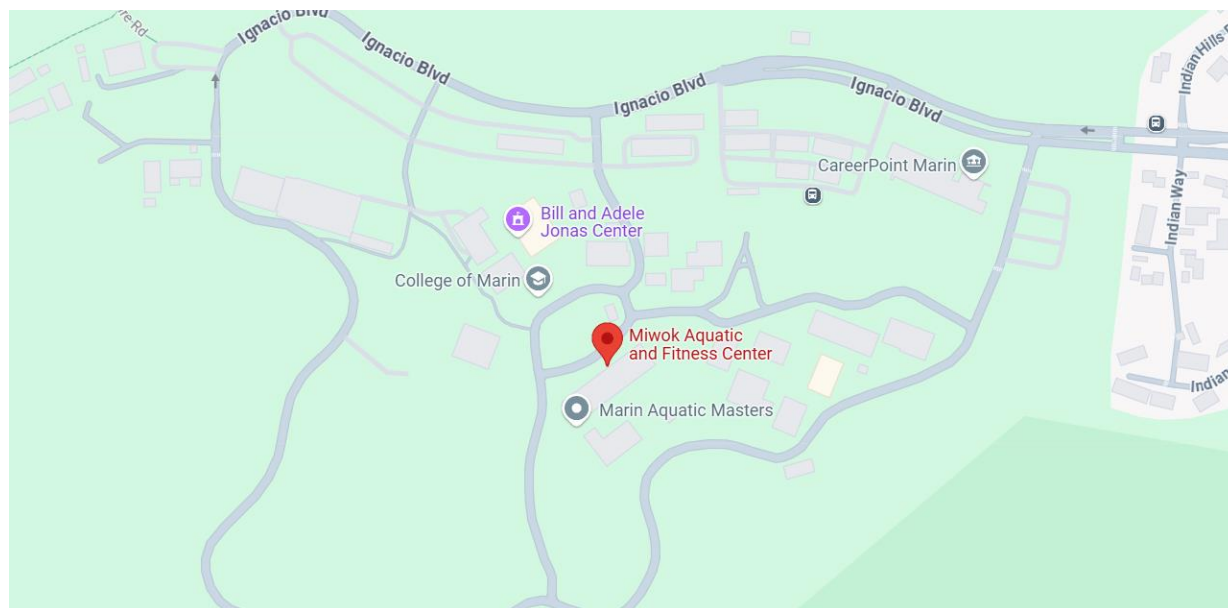
Miwok Aquatic and Fitness Center

1800 Ignacio Blvd

Novato, CA 94949

<https://marincommunityed.augusoft.net/info/landing/college-of-marin-pools>

## MAP



## MEET CONTACT INFORMATION

Miranda Maas

415-497-8366

[info@divelab.org](mailto:info@divelab.org)

## DATES

Practice Dates: June 18-19

Competition Dates: June 20-22



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**FACILITY AND EQUIPMENT**

2 1-meter Maxiflex Model-B boards on Duraflex short stands

2 3-meter Maxiflex Model-B boards on Duraflex short stands

1-, 3-, 5-, 7.5 and 10-meter platforms

Sideline Scout video replay stations

10-person in ground hot tub

Separate 16-foot-deep dive well

**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 June 9 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 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 Zone 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 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 held on Thursday, June 19 at 5pm in the designated athletics classroom.



## **ORDER OF EVENTS**

<b>DAY 1 – JUNE 20</b>	
1 Meter Boys D (11 & Under)	Platform Boys C (12-13)
1 Meter Girls D (11 & Under)	3 Meter Girls B (14-15)
1 Meter Girls A (16-18)	3 Meter Girls C (12-13)
1 Meter Boys B (14-15)	3 Meter Boys A (16-18)
<b>DAY 2 – JUNE 21</b>	
Platform Girls C (12-13)	3 Meter Boys D (11 & Under)
1 Meter Boys C (12-13)	3 Meter Girls D (11 & Under)
1 Meter Boys A (16-18)	3 Meter Boys B (14-15)
1 Meter Girls B (14-15)	Platform Girls A (16-18)
<b>DAY 3 – JUNE 22</b>	
3 Meter Boys C (12-13)	Platform Boys/Girls D (11 & U), Boys B (14-15)
1 Meter Girls C (12-13)	Platform Girls B (14-15)
3 Meter Girls A (16-18)	Platform Boys A (16-18)

## **JUDGING**

Each zone will be attended by one AQUA-Certified USA Diving Judge to serve as a Head Referee of the event, as well as an Assistant Referee.



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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	Synchronized 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**

The check in table will be at the side entry gate of the diving well.

**RESTROOMS**

Athletes – locker rooms are located inside the center entrance of the Miwok Aquatics and Fitness Center.

Coaches/Staff/Adults - signage will direct spectators and coaches to appropriate restroom facilities

Spectators - signage will direct spectators and coaches to appropriate restroom facilities

**FIRST AID/MEDICAL SERVICES**

We will have two lifeguards on duty during all practice and competition times. Novato Fire Station 64 is on call in the event of a serious injury and is located just 2.5 miles away.

**ATHLETIC TRAINING/PHYSIOTHERAPY**

An athletic trainer may be available to all athletes, but more specific information will be available soon.

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 and officials will have a dedicated hospitality room that will provide breakfast, lunch, snacks and additional provisions throughout the event. We request that you bring your own refillable cup and water bottle to support sustainability efforts.

**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 Zone Championships gear at their stand throughout the event!



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**PARKING**

The College of Marin charges a \$4 daily rate for parking.

**FOOD/CONCESSIONS**

We will have a complimentary concession snack bar area set up with snacks, beverages and light fare for both athletes and spectators.

**WI-FI**

Complimentary Wi-Fi is available on deck, please be advised that it can sometimes be slow with many users.

**STREAMING**

Streaming will be available through Dive Lab's Instagram feed @divelabnorcal



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