

MEET INFORMATION PACKET



2025 USA Diving Region 7 Championships

Venue – Evanston, Illinois

Date – April 26-27, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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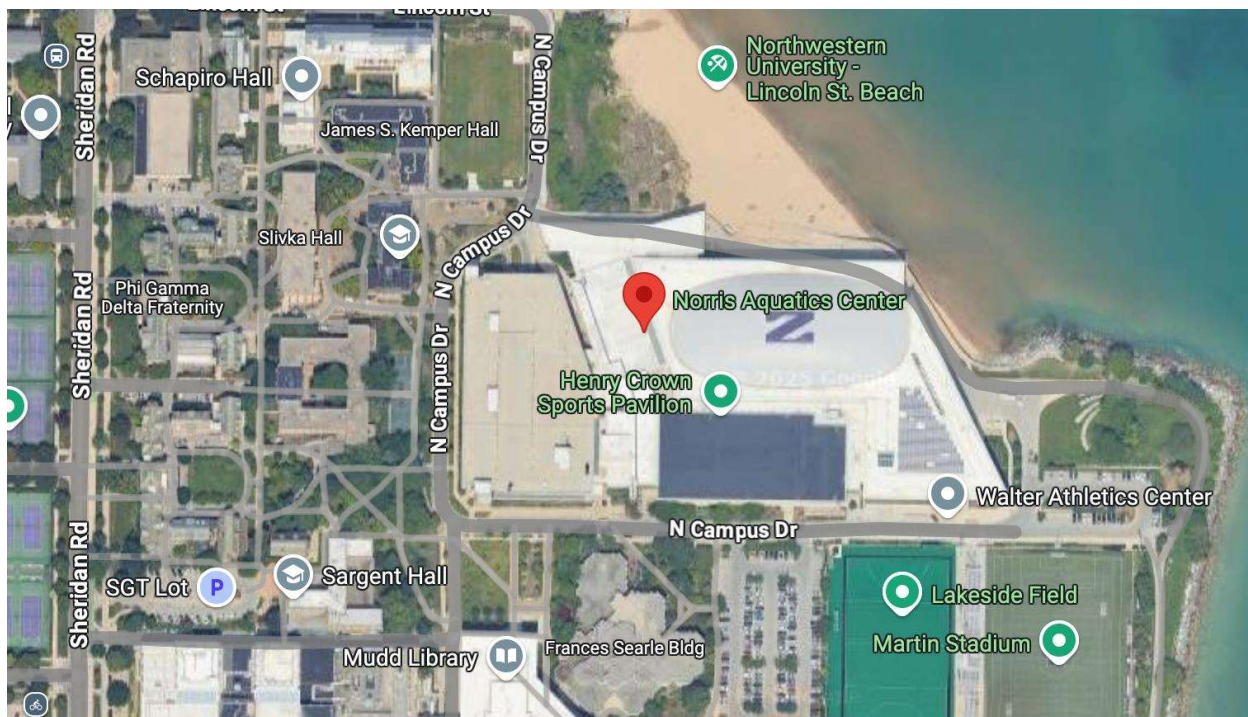
VENUE

Norris Aquatics Center

2311 N Campus Dr

Evanston, IL 60208

<https://nurecreation.com/facilities/norris-aquatics-center/3>

MAP**MEET CONTACT INFORMATION**

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DATES

Practice Dates: April 24

Competition Dates: April 25-26



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FACILITY AND EQUIPMENT

Pool deck mats for warming up.

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 14 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.

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 April 25 at 7pm.

The meeting will be held by the coaches hospitality room.

ORDER OF EVENTS

DAY 1 – APRIL 26	DAY 2 – APRIL 2
1 Meter: Boys D (11 & Under) Boys C (12 – 13) Girls B (14 – 15) Boys B (14 – 15)	1 Meter: Girls D (11 & Under) Girls C (12 – 13) Girls A (16 – 18) Boys A (16 – 18)
3 Meter: Girls D (11 & Under) Girls C (12 – 13) Girls A (16 – 18) Boys A (16 – 18)	3 Meter: Boys D (11 & Under) Boys C (12 – 13) Girls B (14 – 15) Boys B (14 – 15)

JUDGING

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



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

The check-in table will be located by the table on the 3-meter side of the pool deck.

RESTROOMS

Athletes: in the locker rooms

Coaches/Staff/Adults: in the coaches hospitality room.

Spectators: In the rec center

Note: locker rooms are shared with the recreation center and their members. There is no locker rooms or athlete restrooms that are dedicated to just this event. So if you would like to be extra safe, have your athletes show up to the pool with their swim suits on.

FIRST AID/MEDICAL SERVICES

There will be lifeguards on deck during the meet that will be responsible for emergencies and injuries that happen on the pool deck.

COACH HOSPITALITY

There will be coaches hospitality for lunch each day. As well as coffee for breakfast.

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!

PARKING

Park in the garage attached to Norris Aquatic Center. Walk down the stairs to get to the pool (through the rec center entrance)

TICKETING

Free entrance for spectators.



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FOOD/CONCESSIONS

There will not be food or concessions available at the event.

WIFI

Connect to EDU Roam Guest.

STREAMING

We will be streaming the event on <https://www.youtube.com/@DivingHub>

