

MEET INFORMATION PACKET



2025 USA Diving Region 12 Championships

Venue – Riverside, California

Date – April 25-26, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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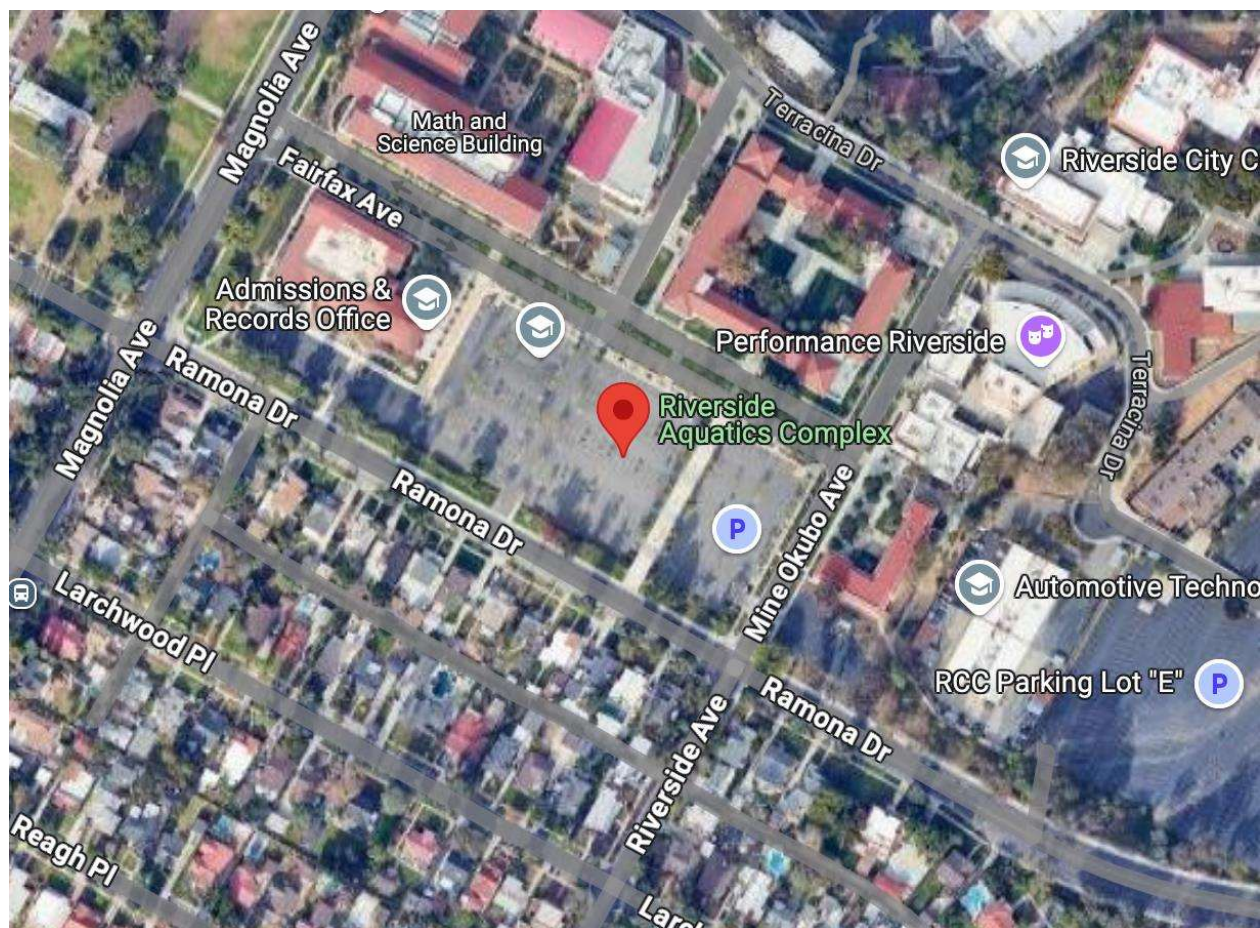
VENUE

Riverside Aquatics Complex

4800 Magnolia Ave

Riverside, CA 92501

<https://www.rcc.edu/community/facility-rental/aquatics-complex.html>

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

2 x 1m boards on concrete stands, 2 x 3m boards on concrete stands. The diving boards are new Maxiflex Model B along with the new Duraflex short stands.

2 x Trampolines and 2 x Dryland Boards with a landing mat. Folding mats are available for stretching.

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 24 at 6pm.

ORDER OF EVENTS

DAY 1 – APRIL 25	DAY 2 – APRIL 26
1 Meter: Girls C (12 – 13) Girls B (14 – 15) Boys A (16 – 18)	1 Meter: Girls D (11 & Under) Boys D (11 & Under) Boys C (12 – 13) Boys B (14 – 15) Girls A (16 – 18)
3 Meter: Girls D (11 & Under) Boys D (11 & Under) Boys C (12 – 13) Boys B (14 – 15) Girls A (16 – 18)	3 Meter: Girls C (12 – 13) Girls B (14 – 15) Boys 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.

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

Athletes will check-in at the entrance to the pool. There will be signage to identify the check-in table.

RESTROOMS

Athlete locker rooms are located at the far end of the pool, near the offices. There will be signage to indicate the location of the locker rooms. Only athletes can use these facilities.

The restroom for coaches and officials is located in the front lobby. Only coaches and officials are allowed to use this restroom.

There are two restrooms for spectators and parents. These restrooms are next to the main gates to enter the pool and will be behind the athlete check-in area.

FIRST AID/MEDICAL SERVICES

Ice bags for athletes can be obtained at the concession stand. A first aid kit will also be available at the concession stand, if needed. For any athlete requiring immediate medical attention, Riverside Community Hospital is located across from the pool at 4445 Magnolia Ave.

ATHLETIC TRAINING/PHYSIOTHERAPY

There will be no AT or PT available at this event.

COACH HOSPITALITY

The coaches' hospitality will be open from 7am-2pm each day. It will be located in an office at the far end of the pool, next to the lobby.

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

Parking is located next to the pool between the tennis courts and football field. Daily parking passes must be purchased at the kiosk or on the ParkMobile app.

TICKETING

Spectator tickets can be purchased at the entrance. One day pass is \$10/day. A two-day pass is \$18.

FOOD/CONCESSIONS

The concession stand will be open from 7am-3pm daily.

VENDORS

Tastee Flavors (IG @tastee_flavors) will be on-site selling Popping Boba Refreshers, Snow Cones, Iced Coffee and Nachos.

WIFI

Wifi is available in the facility. There is a guest network at no cost to access.

STREAMING

Streaming will not be available at this event.

