

MEET INFORMATION PACKET



2025 USA Diving Region 5 Championships

Ocasek Natatorium | Akron, Ohio

April 25-26, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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CHAMPIONSHIPS



VENUE

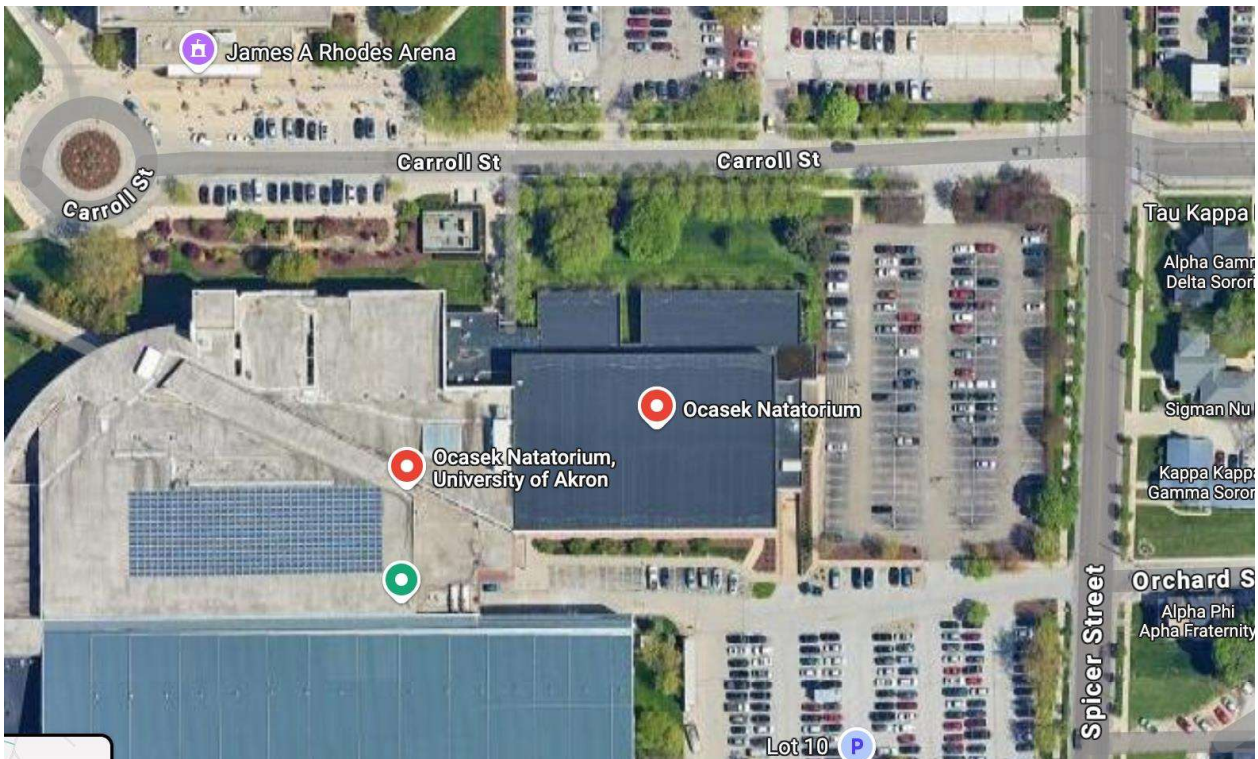
Ocasek Natatorium

382 Carroll St

Akron, Ohio 44325

<https://uakron.edu/rec/facilities/onat>

MAP



MEET CONTACT INFORMATION

Dan Miller

216-496-3006

americanflyersinfo@gmail.com

DATES

Practice Dates: April 24

Competition Dates: April 25-26



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FACILITY AND EQUIPMENT**Pool Equipment:**

Two 1 meters

Two 3 meters

3mt & 5mt platform will be open for training during open warmup times

Dryland Equipment:

3 dry boards; 1 with belts

1 trampoline

Stretching mats and crash mats

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 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 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

EVENT DAYS

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



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	Synchronized 3m	5	2.0 for first 2 dives	Must include dives from at least 4 different groups

CHECK-IN TABLE

Main hallway outside the entrance to the pool deck

RESTROOMS

Athletes – Locker rooms; access from pool deck and main hallway

Coaches/Staff/Adults – 1st floor, main entrance

Spectators – 1st floor, main entrance and 2nd floor at the top of the main staircase



FIRST AID/MEDICAL SERVICES

University of Akron Lifeguards are responsible for helping athletes obtain ice and respond in the event of water emergencies.

Akron Children's Hospital

Akron Children's Hospital is a pediatric acute care hospital in Northeast Ohio that provides care to infants, children, adolescents, young adults, aged 0–21 and even some older adults.

Address: 214 W Bowery St, Akron, OH 44308

Phone: (330) 543-1000

ATHLETIC TRAINING/PHYSIOTHERAPY

No trainers will be on site.

Coaches can get ice for their divers from the ice machine in the hospitality room.

COACH HOSPITALITY

Coach Hospitality is in the hospitality room next to the score table

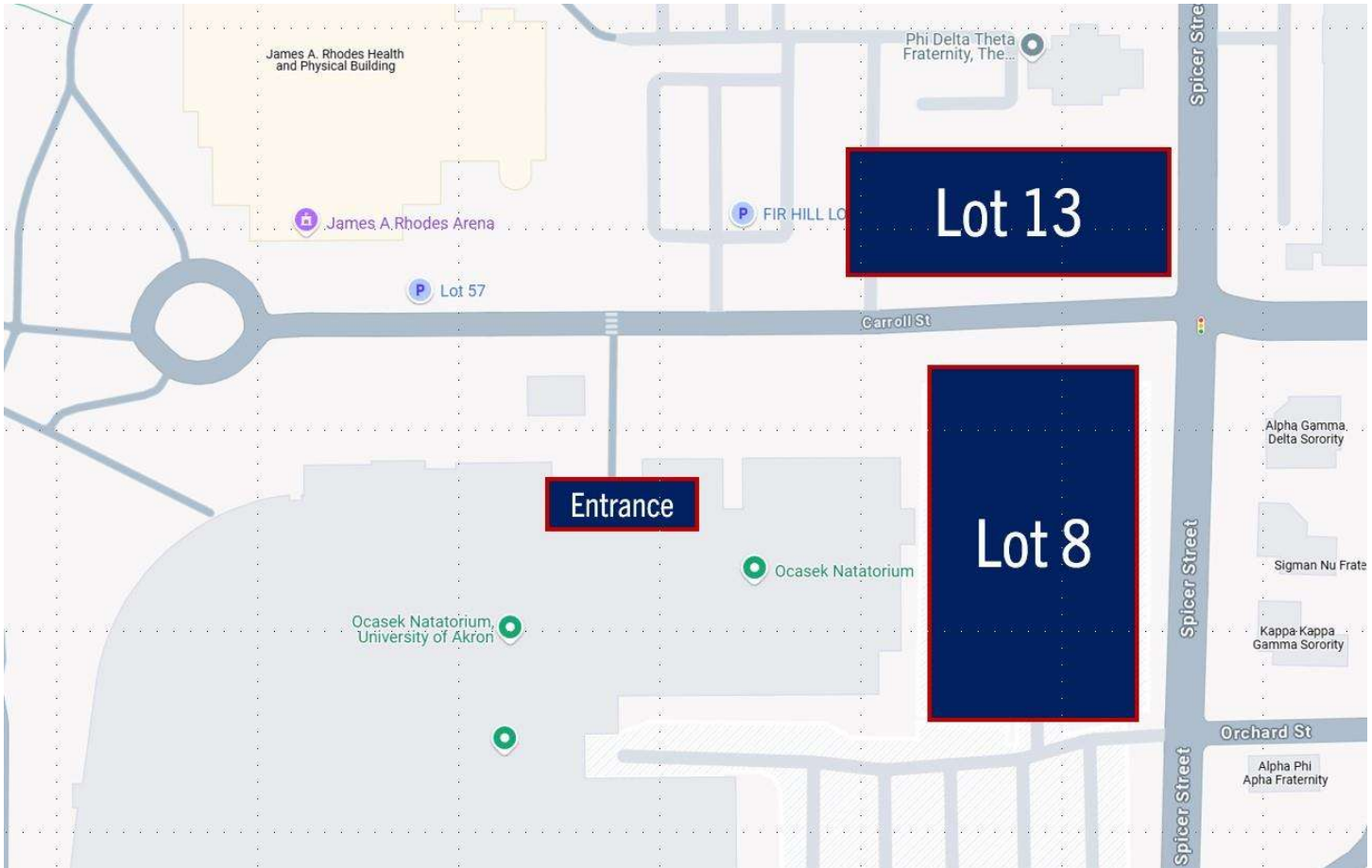
EVENT MERCHANDISE

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

AFD and UAkronPark have partnered to help defer parking costs for all warmup and event days for the Region 5 Championship. Parking costs have been deeply discounted and factored into the cost of spectator tickets. Athletes, coaches and spectators will not be required to purchase daily or hourly parking passes if parking in lots 8 or 13. Parking in any other lot, garage or parking meter on campus will require the purchase of hourly or daily parking passes.



TICKETING

All tickets are available through Hometown Tickets. You can use the website to purchase but the Hometown Tickets Fan app is far more user friendly. Download the app using the links below.

[2025 USA Diving Region 5 Championships](#)

No cash/checks will be accepted



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FOOD/CONCESSIONS

Light concessions will be offered on event days. Vending machines are available at the main entrance throughout the meet.

VENDORS

Jolyn

WIFI

Guest WiFi – no login needed

