

MEET INFORMATION PACKET



2025 USA Zone A Championships

Venue – Tuscaloosa, Alabama

Date – June 5-8, 2025

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



USA DIVING 2025 ZONE B
CHAMPIONSHIPS



Thank you to our sponsors:



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VENUE

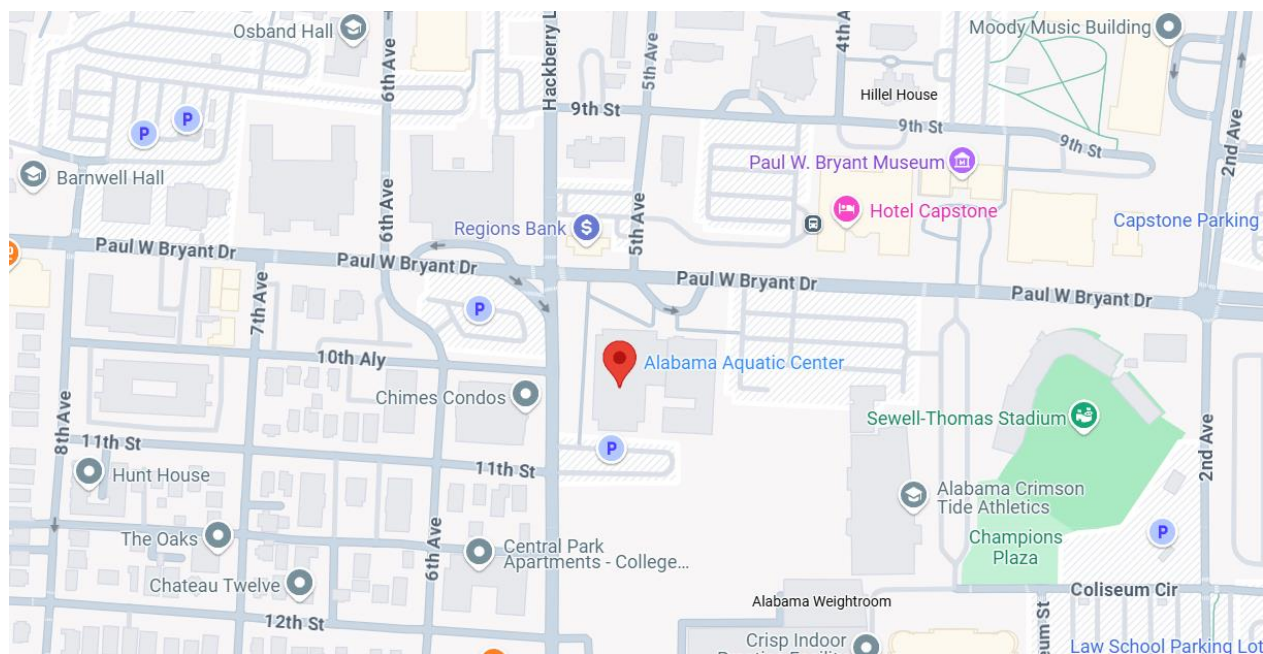
Alabama Aquatic Center

415 Bryant Dr

Tuscaloosa, AL 35401

<https://urec.sa.ua.edu/aquatics/>

MAP



MEET CONTACT INFORMATION

Beau Bunn

910-515-8424

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DATES

Practice Dates: June 3-4

Competition Dates: June 5-8



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FACILITY AND EQUIPMENT

Pool Equipment- Two (2) 1m Model B boards on concrete stands; Two (2) 3m Model B boards on concrete stands; 3m, 5, 7.5m, 10m platforms with Roughtex

Dryland Equipment- Mats and landing pads. Other dryland equipment NOT available for the meet per university rules

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 May 27 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 Wednesday June 4th at 12:00 PM with the location in the classroom.



ORDER OF EVENTS

TUESDAY, JUNE 3

4:00 PM Open practice

8:00 PM POOL CLOSES – Please clean up after yourselves

WEDNESDAY, JUNE 4

7:30 AM Dryland opens

8:00 AM Flighted practice – 90 min (Region 3)

9:30 AM Flighted practice – 90 min (Region 4)

11:00 AM Open practice – 60 min

Coaches Technical Meeting – **POOL CLOSED** – Dive changes

12:00 PM after meeting

3:30 PM Dryland opens

4:00 PM Flighted practice – 90 min (Region 3)

5:30 PM Flighted practice – 90 min (Region 4)

7:00 PM Open practice – 60 min

8:00 PM POOL CLOSES – Please clean up after yourselves

THURSDAY, JUNE 5

6:30 AM Dryland opens

8:00 AM Event boards closed for next event competitors, all else open

9:00–10:30 AM 1M 16–18 Girls (split boards) | 3M 12–13 Girls

10:30–11:00 AM Event 2 warmup

11:00–11:45 AM PL 11U Girls & Boys | 1M 12–13 Boys

11:45–12:15 PM Event 3 warmup

12:15–1:45 PM 3M 16–18 Boys | PL 14–15 Girls & Boys

1:45–2:30 PM Open events warmup

2:30–3:30 PM 1M Women's Open | 3M Men's Open – *may be combined*

3:30–7:00 PM Boards open

7:00 PM POOL CLOSES – Please clean up after yourselves

FRIDAY, JUNE 6

6:30 AM Dryland opens

8:00 AM Event boards closed for next event competitors, all else open

8:30–9:10 AM 1M 11U Girls | 3M 11U



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9:10–10:10 AM	Event 2 warmup
10:10–11:40 AM	1M 16–18 Boys 3M 12–13 Boys
11:40–12:40 PM	Event 3 warmup
12:40–2:00 PM	1M 12–13 Girls 3M 16–18 Girls (split boards)
2:00–3:00 PM	Open events warmup
3:00–4:00 PM	1M Men's Open 3M Women's Open – <i>may be combined</i>
4:00–7:00 PM	Boards open
7:00 PM POOL CLOSES – Please clean up after yourselves	

SATURDAY, JUNE 7

6:30 AM Dryland opens

8:00 AM Event boards closed for next event competitors, all else open

9:00–9:45 AM	1M 11U Boys 3M 11U Girls PL 12–13 Girls & Boys
9:45–10:15 AM	Event 2 warmup – other boards open
10:15–11:15 AM	1M 14–15 Boys 3M 14–15 Girls
11:15–12:15 PM	Event 3 warmup – other boards open
12:15–3:00 PM	PL 16–18 Girls
3:00–4:00 PM	Open event warmups – all other boards open
4:00–5:00 PM	PL Men's Open PL Women's Open – <i>may be combined</i>
5:00–7:00 PM	Boards open

7:00 PM POOL CLOSES – Please clean up after yourselves

SUNDAY, JUNE 8*No 11U, 12–13, or Open events*

6:30 AM Dryland opens

8:00 AM Event boards closed for next event competitors, all else open

9:00–10:30 AM	PL 16–18 Boys
10:30–11:30 AM	Event 2 warmup
11:30–1:30 PM	3M 14–15 Boys 1M 14–15 Girls



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.

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 in the main lobby of the Recreation Center. Signage will be provided.

RESTROOMS

Signage will be displayed

Athletes: Locker rooms right off the pool deck (Men's and Women's on map).

Coaches: Staff locker room close to the pool deck (Men's Staff and Women's Staff)

Spectators: Locker rooms right off the pool deck (Men's and Women's on map)

FIRST AID/MEDICAL SERVICES

Ice bags will be available on deck each day in a cooler. Lifeguards will be the first responder in the event of a water emergency. EMS and emergency response will be on call. less than 1 mile away from the pool.

Hospital:

DCH Regional Medical Center

809 University Blvd E, Tuscaloosa, AL 35401

Urgent Care:

AFC Urgent Care Midtown

710 15th St E

Tuscaloosa, AL 35401

ATHLETIC TRAINING/PHYSIOTHERAPY

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

COACH HOSPITALITY

Coaches' hospitality will be on site and either supplied by the food trucks or catered for in the classroom located on the map. Signage will be available.

Hours: Anytime the pool is open snacks, water and various drinks will be available.



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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!

PARKING

TBD

TICKETING

Zone B does NOT plan to charge admission to the event, but a donation box will be made available to spectators and guests.

FOOD/CONCESSIONS

Working with food trucks to be on site. Food will be available during all events if the university allows.

VENDORS

TBD

WI-FI

Public Wi-Fi will be available.

UA-Guest

STREAMING

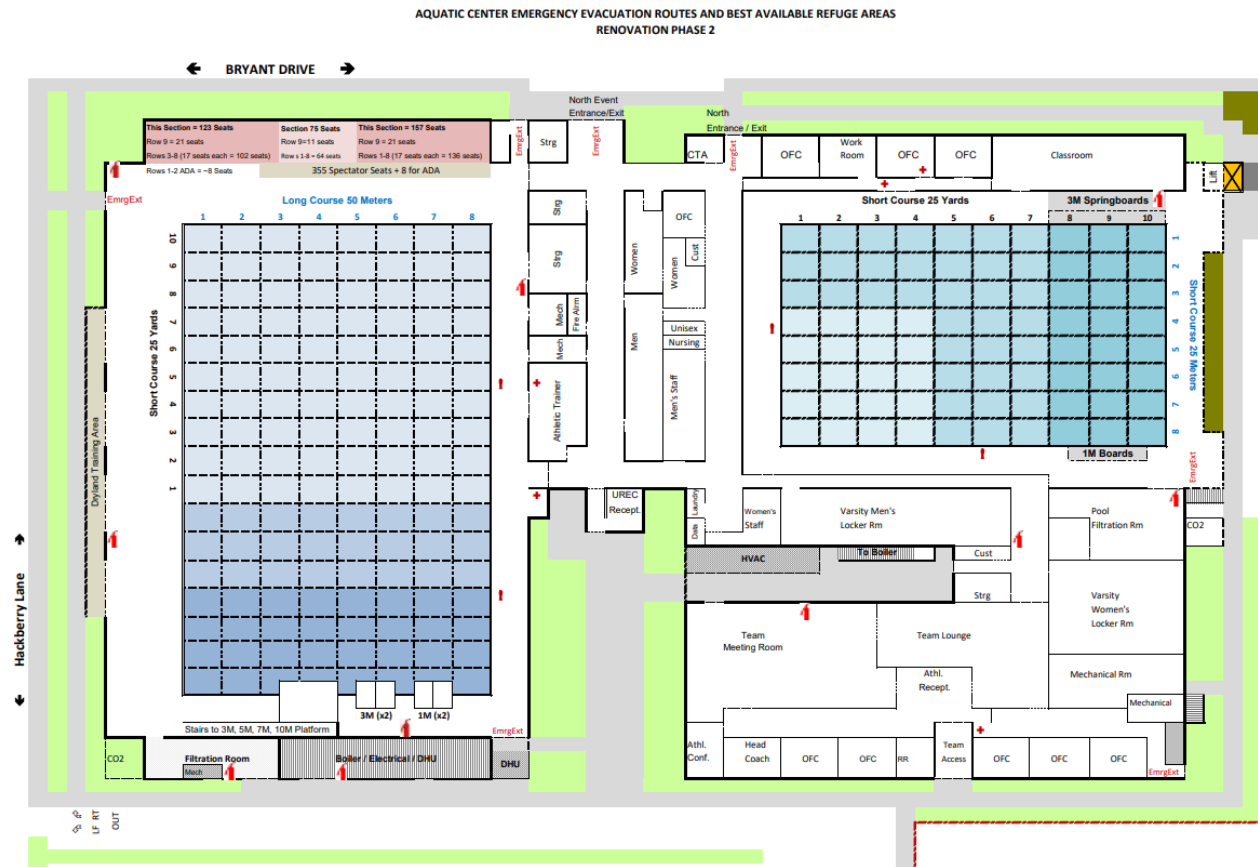
TBD-Will be available.



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DECK MAP



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