

MEET INFORMATION PACKET



2025 USA Diving Region 10 Championships

Venue – Novato, California

Date – May 3-4, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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VENUE

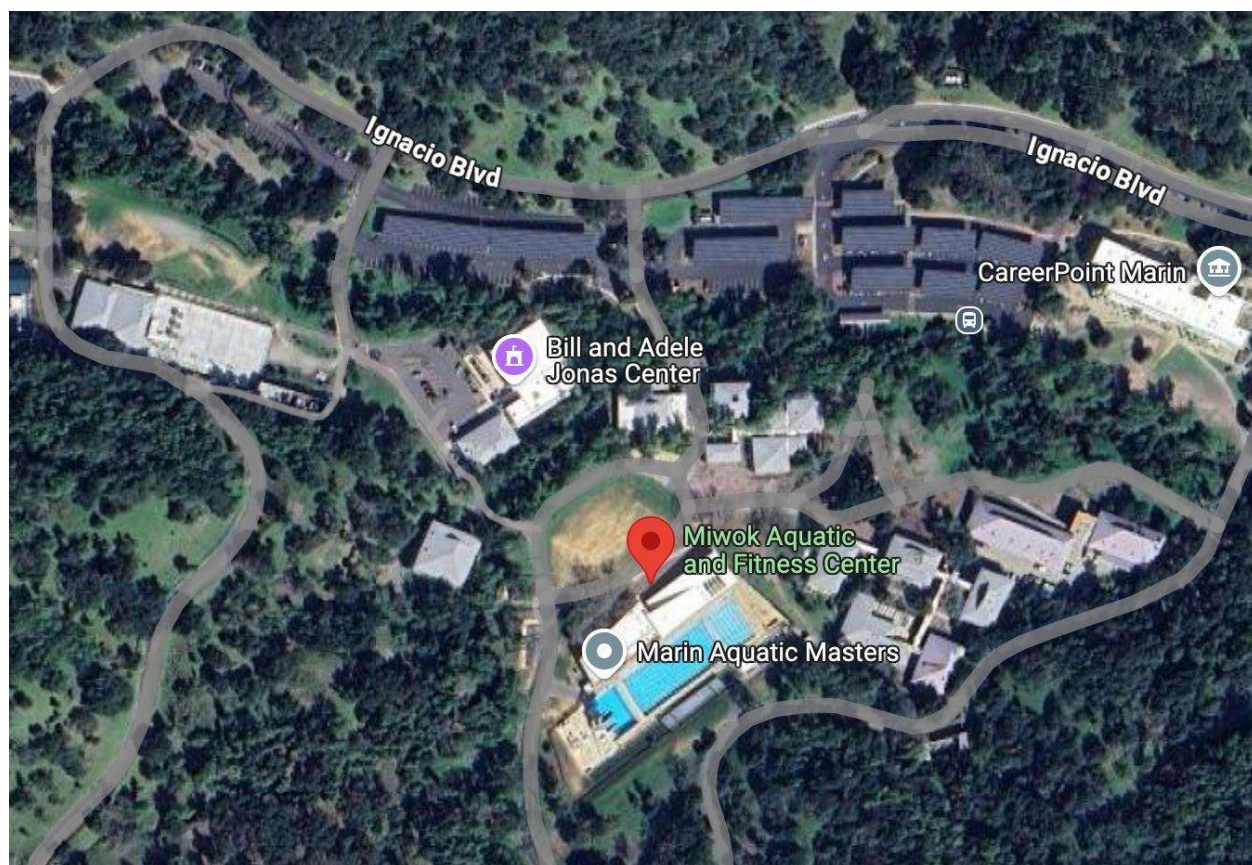
Miwok Aquatics and Fitness Center

1800 Ignacio Blvd

Novato, CA 94949

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

MAP



MEET CONTACT INFORMATION

Miranda Maas/Jenny Greene

415-497-8366

info@divelab.org

DATES

Practice Dates: May 2

Competition Dates: May 3-4



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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
- SidelineScout 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 prior to April 21 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 Friday, May 2 at 5pm in designated athletics classroom

ORDER OF EVENTS

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

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 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.

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 Regional Championships gear at their stand throughout the event!



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PARKING

The College of Marin charges a \$4 daily rate for parking. Additional parking information can be found [here](#).

FOOD/CONCESSIONS

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

WIFI

Complimentary WIFI 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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