

MEET INFORMATION PACKET



2025 USA Diving Region 11 Championships

Venue – Flagstaff, Arizona

Date – May 2-3, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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VENUE

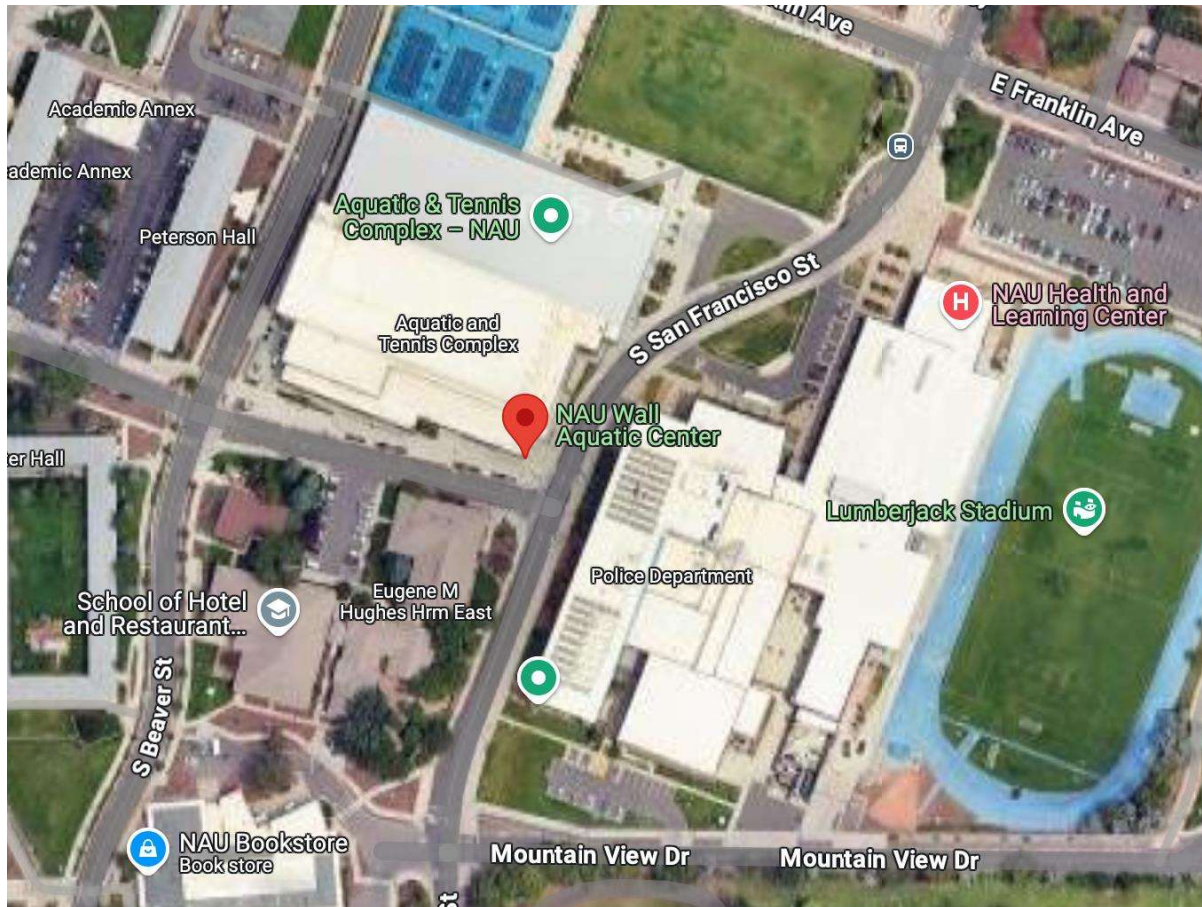
NAU Aquatic and Tennis Center

821 S San Francisco St

Flagstaff, AZ 86011

<https://in.nau.edu/campus-services-and-activities/wall-aquatic-center/>

MAP



MEET CONTACT INFORMATION

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DATES

Practice Dates: May 1

Competition Dates: May 2-3



USA DIVING 2025 REGIONAL CHAMPIONSHIPS



FACILITY AND EQUIPMENT

Separate diving well with 2 maxi-flex "B" 1 meters and 2 maxi-flex "B" 3 meters on concrete stands + 1,3,5,7,10-meter platforms– Trampoline and Dryboard will be closed. Please do not allow athletes on the equipment. Mats will be available. There is a TiVo on the 1meter side and 3meter side.

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 COMPORNTMENT

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 May 1 at 1pm

ORDER OF EVENTS

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

Will be available 10am-Noon and 3-5pm on Thursday, May 1

RESTROOMS

Athletes – Will have access to locker rooms

Coaches/Staff/Adults- Will have access to the All gender restroom

Spectators- Restrooms will be upstairs adjacent to viewing area.

FIRST AID/MEDICAL SERVICES

Our lifeguard staff will be helping athletes obtain ice bags and will be the responders in the event of water emergencies. Hospital is Flagstaff Medical Center, 1200 N. Beaver St. Flagstaff, AZ 86001, Phone: 928-779-3366

COACH HOSPITALITY

Will be in the pool classroom, just off deck. Light snacks and drinks will be provided throughout the day. Lunch will be available 11:15-12:15pm.

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

Please use San Francisco Parking garage, 1 block south of the aquatic center

TICKETING

Tickets are available on DiveMeets as you register.



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FOOD/CONCESSIONS

No onsite concessions except for vending machines. There are many local and chain restaurants close by.

WIFI

Wifi is available as NAU guest

