

MEET INFORMATION PACKET



2025 USA Diving Region 3 Championships

Venue – Tallahassee, Florida

Date – April 26-27, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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VENUE

Morcom Aquatics Center

2560 Pottsdamer Rd

Tallahassee, Florida 32310

<https://seminoles.com/facilities/morcom-aquatics-center/12>

MAP



MEET CONTACT INFORMATION

Wes Mattice

919-406-4217

Wmattice2@fsu.edu

DATES

Practice Dates: April 24-25

Competition Dates: April 26-27



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FACILITY AND EQUIPMENT

Pool Equipment – 4x 1-meter springboards, 4x 3-meter springboards, Full stack of towers.

Dryland Equipment – 5 Trampolines, 6 dryboards

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 COMPORMENT

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



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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 5:15pm

ORDER OF EVENTS

DAY 1 – APRIL 26	DAY 2 – APRIL 27
1 Meter: Boys D (11 & Under) Boys C (12 – 13) Girls B (14 – 15) Boys B (14 – 15)	1 Meter: Girls D (11 & Under) Girls C (12 – 13) Girls A (16 – 18) Boys A (16 – 18)
3 Meter: Girls D (11 & Under) Girls C (12 – 13) Girls A (16 – 18) Boys A (16 – 18)	3 Meter: Boys D (11 & Under) Boys C (12 – 13) Girls B (14 – 15) Boys B (14 – 15)

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 located at the front entrance and will be available 9am-4pm on practice days. 8:30am – end of day on competition days.

RESTROOMS

Athletes – We have a locker room with bathroom for the athletes.

Coaches/Staff/Adults - Can use the office and breezeway bathroom.

Spectators – Can use the breezeway bathroom.

FIRST AID/MEDICAL SERVICES

Wesley Mattice or any lifeguard staff member will deal with ice bags. Lifeguards will deal with medical emergencies. The closest Hospital to the pool is The HCA Florida Capital Hospital, 2626 Capital Medical Blvd, 32308.

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

We will have coaches hospitality during all hours of competition, just off deck, as well as some available hospitality in Wesley Mattice's office.

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

There is parking on site and at the tennis next-door. Additional parking can be found down by the engineering campus located at 2525 Pottsdamer St, just down the street.

TICKETING

Spectator cost is \$7 a day or \$15 for the weekend. 9 and under are free.

FOOD/CONCESSIONS

We will have a small concession stand run by our boosters.

VENDORS

We will have food trucks for each day of the competition.

WIFI

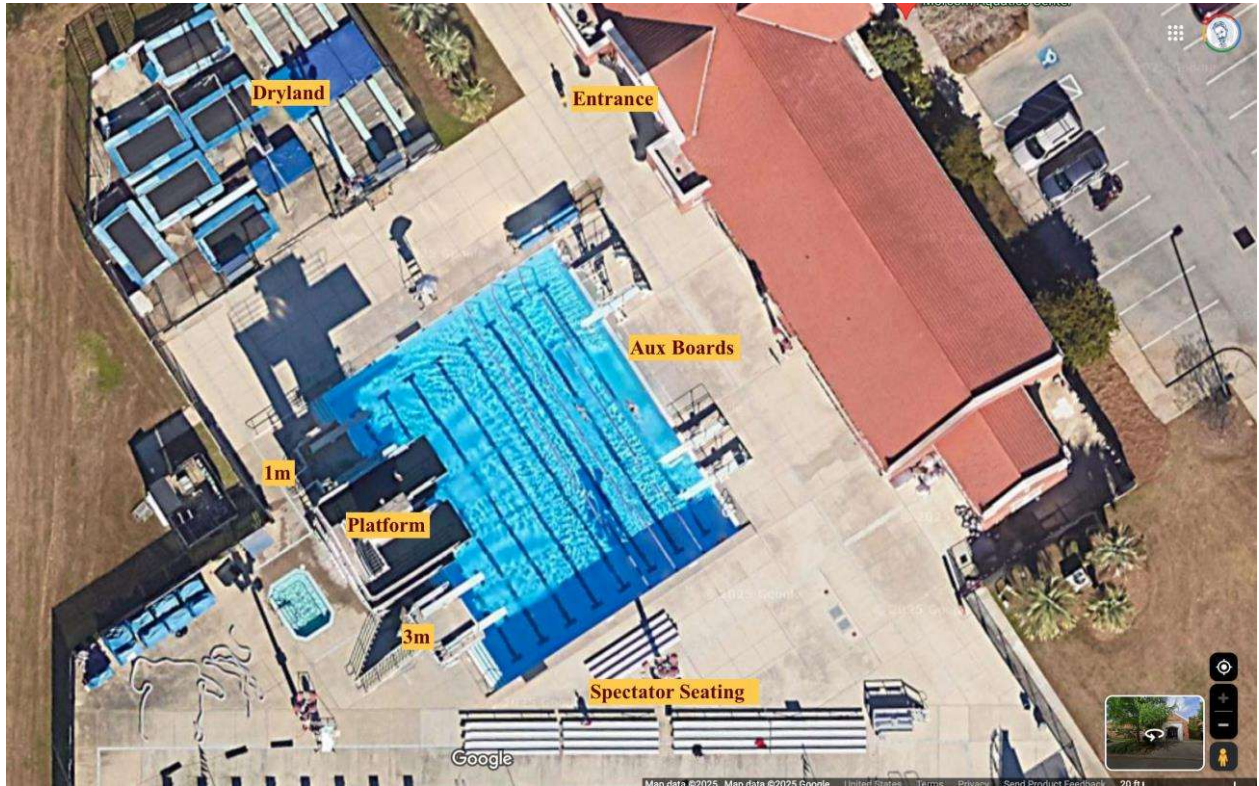
There is public wifi at the pool.

STREAMING

The meet will be run live on DiveMeets.



DECK MAP



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