

MEET INFORMATION PACKET



2025 USA Zone D Championships

Venue – Minneapolis, Minnesota

Date – June 13-15, 2025

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



USA DIVING 2025 ZONE D
CHAMPIONSHIPS



Thank you to our sponsors:



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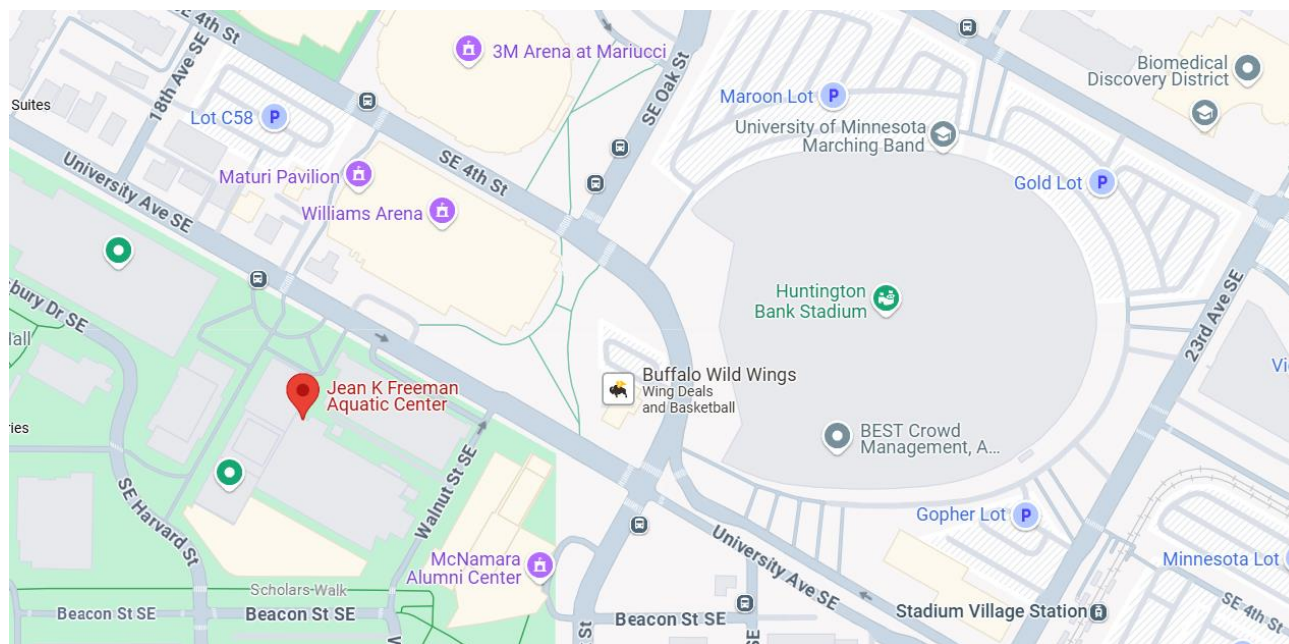
VENUE

Jean K Freeman Aquatic Center

1910 University Ave SE

Minneapolis, MN 55455

<https://recwell.umn.edu/aquatics/pool-hours>

MAP**MEET CONTACT INFORMATION**

Jason Baumann

612-499-2263

jason@northstardiving.com

DATES

Practice Dates: June 11-12

Competition Dates: June 13-15



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FACILITY AND EQUIPMENT

Two 1-meter springboards

Two 3-meter springboards

Platforms including 1-meter, 5-meter, 7.5-meter and 10-meter

There will be limited access to Dryland Equipment, stretching mats only

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 June 2 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 Thursday June 12 at 12:00 PM in the wet classroom just off the deck by the diving well.

Virtual Option video call link: <https://meet.google.com/oex-vedh-khu>



ORDER OF EVENTS

Friday, June 13 - Event Day 1

| | |
|--------------------------------------|--|
| 1 Meter - 14-15 Girls (split boards) | 3 Meter - 14-15 Boys |
| 3 Meter - 16-18 Boys (split boards) | Platform - 11U Girls, 11U Boys, 12-13 Boys |
| 1 Meter - 16-18 Girls (split boards) | Platform - 12-13 Girls |

Saturday, June 14 - Event Day 2

| | |
|-------------------------------------|---|
| 1 Meter - 11U Girls | 3 Meter - 11U and 12-13 Boys (split boards) |
| 1 Meter - 16-18 Boys (split boards) | Platform - 14-15 Girls and Boys |
| 1 Meter - 12-13 Girls | 3 Meter - 16-18 Girls (split boards) |

Sunday, June 15 - Event Day 3

| | | |
|----------------------|--------------------------------------|------------------------|
| 1 Meter - 11U Boys | 3 Meter - 11U Girls | Platform - 16-18 Boys |
| 1 Meter - 12-13 Boys | 3 Meter - 12-13 Girls | Platform - 16-18 Girls |
| 1 Meter - 14-15 Boys | 3 Meter - 14-15 Girls (split boards) | |

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.



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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 |



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 lobby upstairs from the pool.



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RESTROOMS

Please also see the attached facility map.

Athletes – At the west end of the pool, opposite end from the diving boards

Coaches/Staff/Adults - There is a single bathroom located in the meet management suite off deck. We will be working to see if we can make additional bathrooms available as well.

Spectators – Upstairs in the pool lobby.

FIRST AID/MEDICAL SERVICES

There will be an Ice Machine that COACHES can get ice for their athletes for a previous injury. If the athlete needs ice for an injury sustained at the event, the Lifeguard will need to provide care

M Health Fairview University of Minnesota Medical Center - East Bank - 500 SE Harvard St, Minneapolis, MN 55455 <https://maps.app.goo.gl/jM7Crek1UdEND7fK6>

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

Coach hospitality will be in the wet classroom off the deck. Our intention is to have grab and go items (fruit, pastries, water, etc.) for breakfast. For lunches we will be contacting registered coaches to place an order for Friday, Saturday and Sunday.

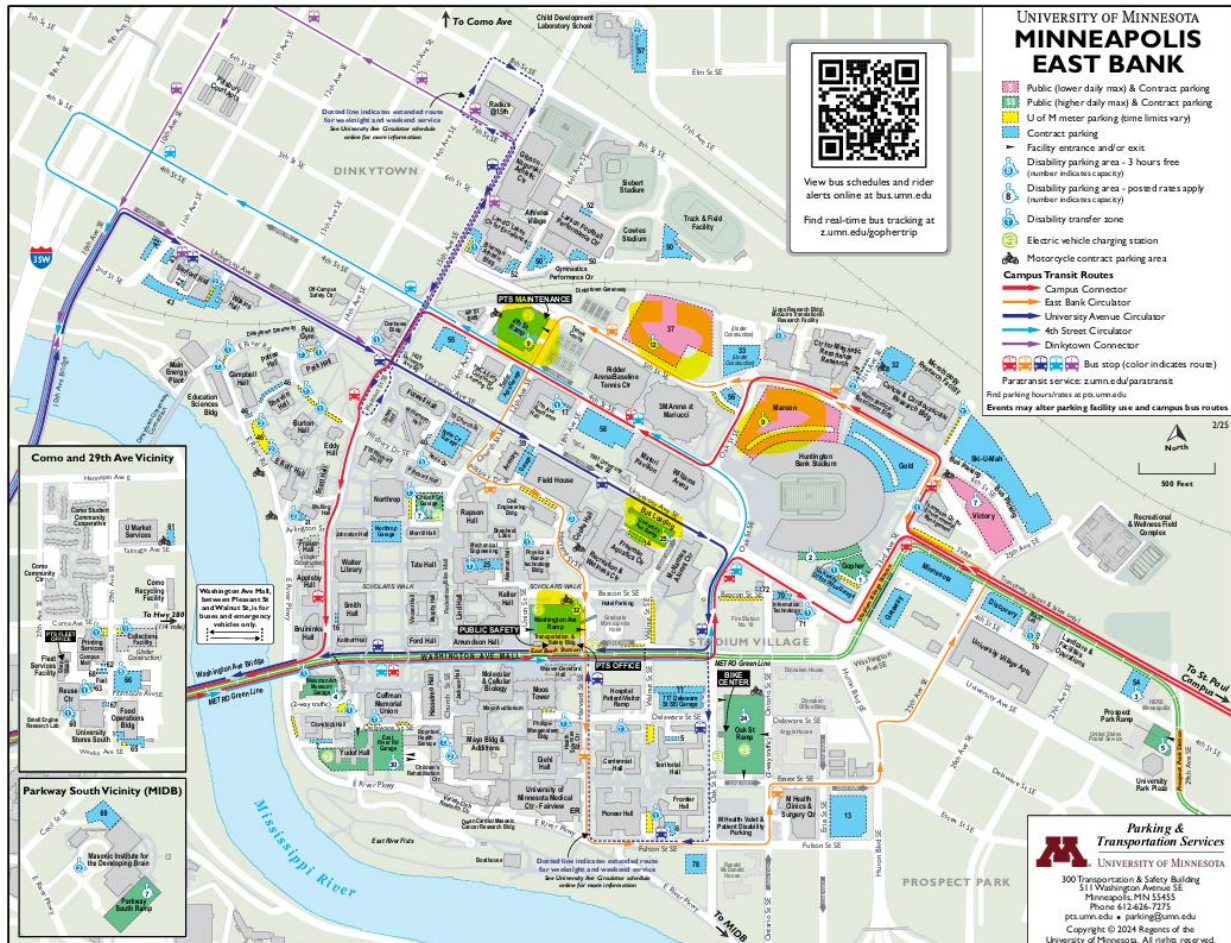
EVENT MERCHANDISE

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

There are parking ramps on campus including University Avenue, and Washington Avenue ramps close to the building. There is additional surface parking lots located next to the football stadium as well. Please see the attached map.



TICKETING

Spectator Fees – For individual admission for anyone age 18 or older. One Day pass is \$10, Three Day passes are \$27. Only for Friday, Saturday and Sunday, no charge for practice days Wednesday or Thursday. We request that you pay via Venmo @NorthStarDiving and no cash.



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FOOD/CONCESSIONS

There will be minimal concessions options, mostly grab and go for drinks. We would prefer to be cashless and have payments made via Venmo.

VENDORS

TBD

WI-FI

<https://it.umn.edu/services-technologies/how-tos/wifi-guest-access>

STREAMING

We will be streaming the event to our YouTube channel

<https://www.youtube.com/@northstardiving26>

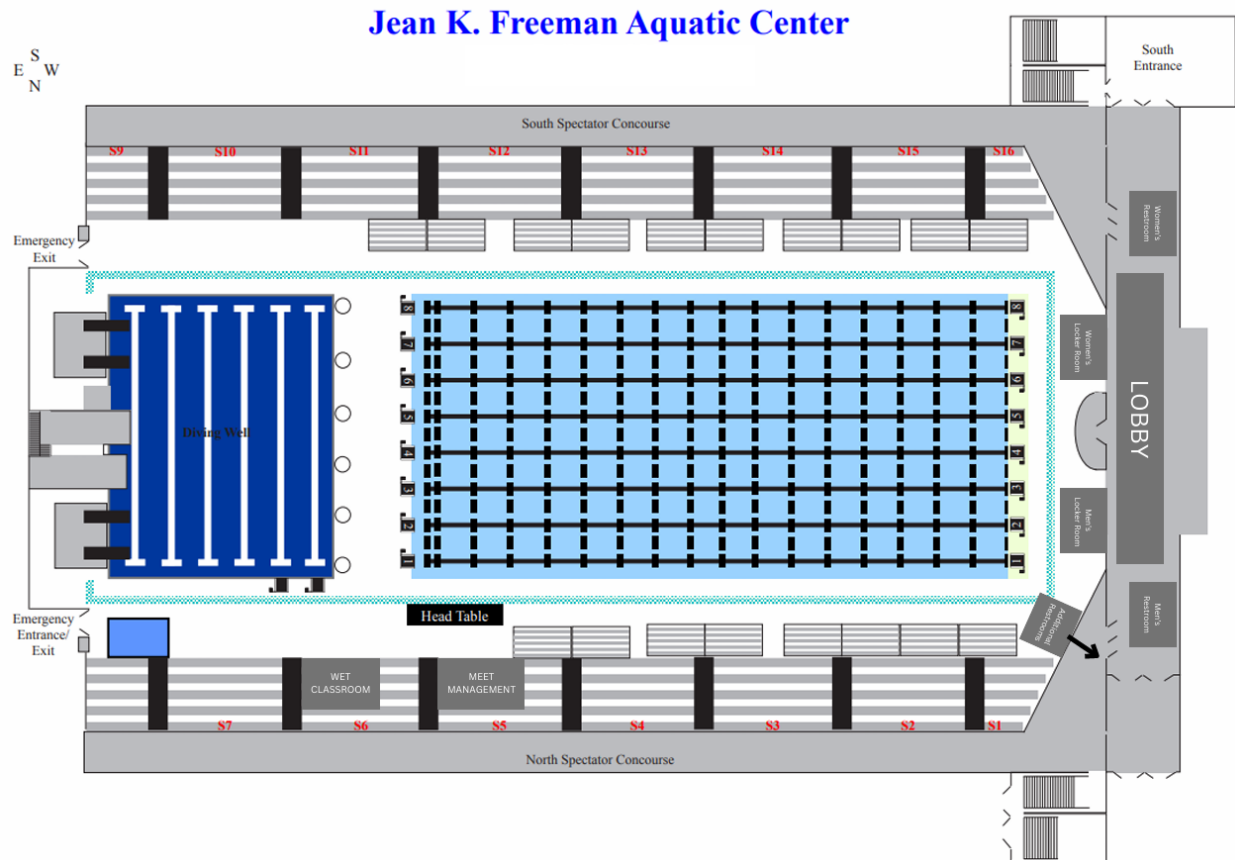
It is possible we will have a second stream from the University of Minnesota for the opposite side of the pool.



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DECK MAP



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