



2024 USA DIVING ZONE E CHAMPIONSHIPS
MEET INFORMATION PACKET



2024 USA Diving Zone E Championships

Miwok Aquatic Center

May 31 – June 2

[Event Page Link](#)

Thank you to our sponsors:



Venue

Miwok Aquatic Center
1800 Ignacio Blvd, Novato
California, 94949

MEET CONTACT INFORMATION

Miranda Mass

info@divelab.org

DATES

Practice Dates: May 29 & May 30

Competition Dates: May 31 – June 2

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 21st at 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 event entry fees for this event are \$60 plus a \$20 insurance fee per athlete per event (total \$80 per event).

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:

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.

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.

Dive changes will no longer be accepted three hours prior to the corresponding event.

PARTICIPANT COMPORTEMPT

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

There will be a coaches' meeting at 1:30pm on Thursday, May 30th. A virtual option will be provided to accommodate various travel schedules. A link will be sent to all registered coaches.

FACILITY ACCESS

All coaches and athletes will be issued meet credentials upon checking in at the pool for the first time. These credentials should be worn at all times while on deck except by athletes when training or competing.

HEALTH & SAFETY

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. Additionally, Dr. Travis Duro, <https://www.travisduro.com>, Doctor of Physical Therapy, will be available to work with athletes (hours TBD). He can provide taping, bracing, and cupping for athletes to help support high performance.

HOSPITALITY – Coach/Volunteer

Breakfast will be provided daily beginning around 7:00 a.m.

Lunch will be served daily from 11:00 a.m. to 12:30 p.m.

The hospitality area will also contain coffee, water, soft drinks, and snacks throughout the day.

HOSPITALITY – Athlete

Athletes will have a hospitality area that provides water coolers and a variety of snacks free of charge.

LODGING

[Best Western Plus Novato Oaks Inn](#)

[Courtyard by Marriott Novato](#)

[Inn Marin and Suites](#)

USA Diving Hotel booking Page – [CLICK HERE](#)

PARKING

Parking for the event is free in designated free parking lots 4 and 5. There is additional parking available for a fee in lot 3.

PHOTOGRAPHY

Event photography will be provided by Chris Constatine via <https://iconsportsphotos.com/#gallery>. Varying photo packages available including team pictures and individual athlete portraits. Please check Dive Lab's Instagram account @Divelabnorcal for links to register your athlete for a photography package.

SIDELINE SCOUT VIDEO

Coaches will be able to clip videos from Dive Lab's Sideline Scout system to save for their own use, similar to what was set up at last year's Junior Nationals.

SPECTATOR FOOD & DRINK

Dive Lab will be providing complimentary coffee and tea and light snack items for spectators beginning at the first morning warmup on competition days.

SPECTATOR SEATING

There is NO COST for admission to the event. As the Miwok Aquatic Center is a newer facility, some projects have yet to be completed, including permanent seating. We will have a small section of shaded seating on the 3m side of the pool. Additionally, there is a grass hill on the 3m side where spectators can set up blankets, etc. to watch competition.

OTHER ACTIVITIES

Keep an eye out for a community art project where everybody is encouraged to co-create. We aim to make the meet experience as enjoyable as possible for athletes, coaches, and spectators. If you have any questions, please contact us at info@divelab.org

2024 Zone E Schedule

Wednesday May 29

7:30 a.m.	Facility Opens
8:00 - 10:00 a.m.	Region 10 Practice
10:00 a.m. 12:00 p.m.	Region 9 Practice
12:00 - 2:00 p.m.	Region 10 Practice
2:00 - 4:00 p.m.	Region 9 Practice
4:00 p.m.	Facility Closes

Thursday May 30

7:30 a.m.	Facility Opens
8:00 - 10:00 a.m.	Region 9 Practice
10:00 a.m. - 12:00 p.m.	Region 10 Practice
12:15 - 12:30 p.m.	Team Introductions/Parade
12:30 - 1:30 p.m.	Rip Contest/Synchro Diving
1:30 - 2:30 p.m.	Coaches/Technical Meeting
2:30 - 4:15 p.m.	Region 9 Practice
4:15 - 6:00 p.m.	Region 10 Practice
6:00 p.m.	Pool Closes

Friday May 31

(9:00 a.m. start, estimated end time 3:15 - 4:45 p.m.)

6:00 a.m.	Facility Opens		
6:30 - 7:30 a.m.	Region 10 Practice		
7:30 - 8:30 a.m.	Region 9 Practice		
8:30 - 9:00 a.m.	First Event Warmup		
9:00 a.m.	Event 1	Event 2	
	11-U Boys – 1m		12-13 Boys PL
	45 min warmup		
	Event 3	Event 4	
	11-U Girls – 1m		14-15 Girls – 3m (Split boards)
	45 min warmup		
	Event 5	Event 6	
	16-18 Girls – 1m (Split boards)	12-13 Girls – 3m	
	45 min warmup		
	Event 7	Event 8	
	14-15 Boys – 1m	16-18 Boys – 3m	(Split boards)
	Open practice for 1 hour after last event finishes		

Saturday June 1		(9:00 a.m. start, estimated end time 4:00 - 6:00 p.m.)			
6:00 a.m.	Facility Opens				
6:30 - 7:30 a.m.	Region 9 Practice				
7:30 - 8:30 a.m.	Region 10 Practice				
8:30 - 9:00 a.m.	First Event Warmup				
9:00 a.m.	Event 9			Event 10	
	12-13 Girls PL		11-U Boys – 3m		
	45 min warmup				
	Event 11			Event 12	
	12-13 Boys – 1m		11-U Girls – 3m		
	45 min warmup				
	Event 13			Event 14	
	16-18 Boys – 1m	(Split boards)	14-15 Boys – 3m		
	45 min warmup			60 min warmup	
	Event 15			Event 16	
	14-15 Girls – 1m	(Split boards)	16-18 Girls PL		
	Open practice for 1 hour after last event finishes				

Sunday June 2		(9:00 a.m. start, estimated end time 4:00 - 6:00 p.m.)			
6:00 a.m.	Facility Opens				
6:30 - 7:30 a.m.	Region 10 Practice				
7:30 - 8:30 a.m.	Region 9 Practice				
8:30 - 9:00 a.m.	First Event Warmup				
9:00 a.m.	Event 17			Event 18	
	12-13 Boys – 3m		11-U G/B PL	14-15 Boys PL	
	45 min warmup			45 min warmup	
	Event 19			Event 20	
	12-13 Girls – 1m	(Split boards)	14-15 Girls PL		
	45 min warmup			45 min warmup	
	Event 21			Event 22	
	16-18 Girls – 3m	(Split boards)	16-18 Boys PL		

COLLEGE OF
MARIN

Indian Valley Campus Map
1800 Ignacio Blvd., Novato, CA 94949



- Accessible Parking
- Bus Stop
- Designated Smoking Area
- Electric Charging Stations
- Emergency Evacuation Areas
- Motorcycle Parking
- Trike Dispensing Machine
- Wi-Fi Access

Note: Numbers on buildings refer to building numbers listed for class locations in the Class Schedule.

Revised January, 2022