

# MEET INFORMATION PACKET



2025 USA Diving Region 1 Championships

Venue - New Canaan, Connecticut

Date - May 3-4, 2025

Event Page Link - [www.usadiving.org](http://www.usadiving.org)



USA DIVING 2025 REGIONAL  
CHAMPIONSHIPS



Thank you to our sponsors:



**VENUE**

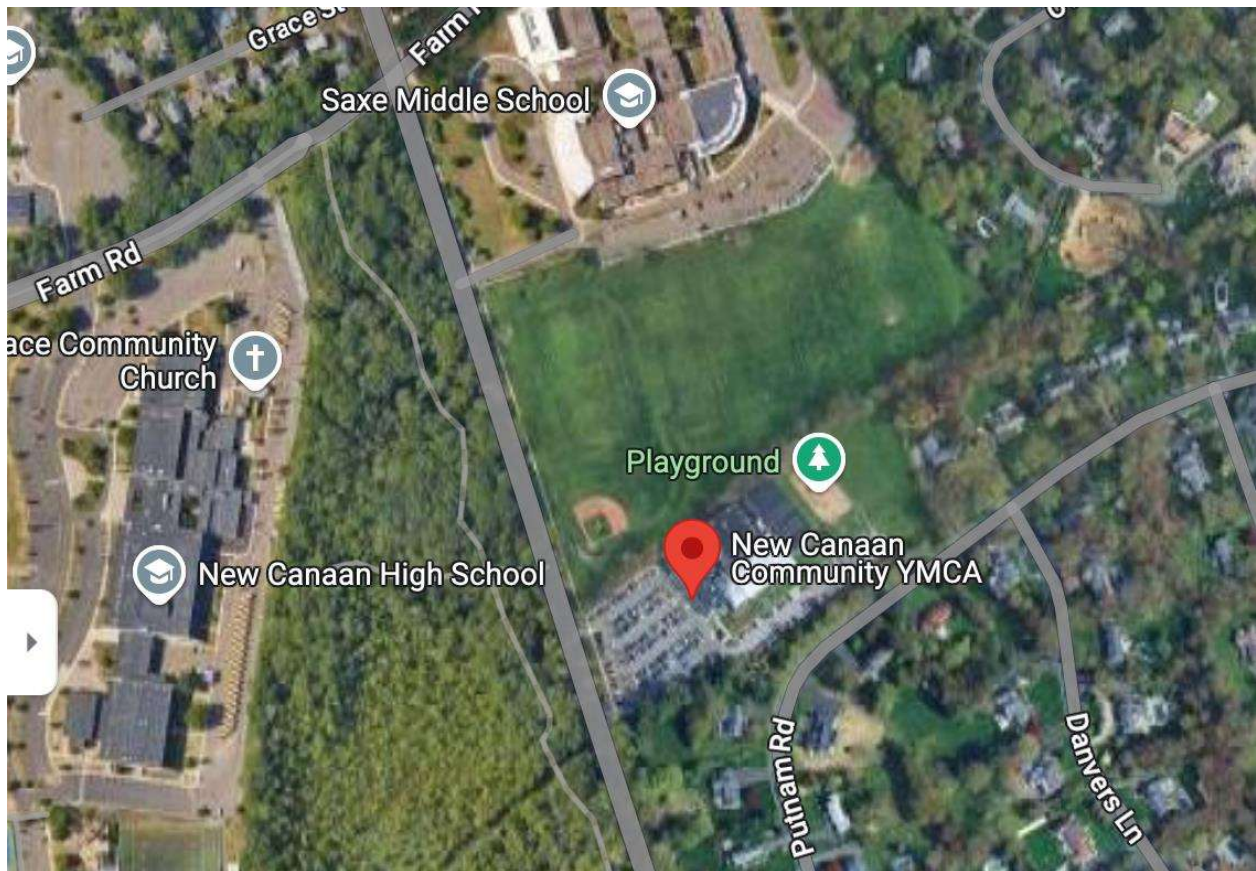
New Canaan YMCA Valles Pool

564 South Ave

New Canaan, CT 06840

<https://newcanaanymca.org>

**MAP**



**MEET CONTACT INFORMATION**

Joe Somma

203-829-3097

whirlwinddiving@aol.com

**DATES**

Practice Dates: May 2

Competition Dates: May 3-4



USA DIVING 2025 REGIONAL CHAMPIONSHIPS



## **FACILITY AND EQUIPMENT**

2: 1-meter boards on concrete stands 2: 3-meter boards.

## **REGISTRATION**

All participants must be “Current” members of USA Diving. All athlete and coach entries must be made online at [www.divemeets.com](http://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 made 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



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 2 at 6pm

**ORDER OF EVENTS**

DAY 1 – MAY 3	DAY 2 – MAY 4
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 Combin ed	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**

Main lobby near front entrance of the YMCA

Athletes will enter through changing areas and follow signs to Valles Pool.

**RESTROOMS**

Athletes: Boys and Girls locker room

Coaches/Staff/Adults: Family locker room

Spectators: Use restrooms near balcony

**FIRST AID/MEDICAL SERVICES**

All medical services will be provided by the lifeguard staff at the YMCA.

**COACH HOSPITALITY**

Coaches' hospitality is located in the diving office near springboards.

**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**

Parking will be at the Saxe Middle School and please follow signs. No parking in the YMCA lot.

**TICKETING**

Entrance is free



USA DIVING 2025 REGIONAL  
CHAMPIONSHIPS





**FOOD/CONCESSIONS**

Donte Cafe will be open for the duration of the event. This is located on the same level as the main entrance.

**WIFI**

The YMCA has a guest access point: YMCA1234

**STREAMING**

Streaming will be live on our Instagram: [whirlwinddiving\\_ncymca](#).

