

MEET INFORMATION PACKET



2025 USA Diving Region 8 Championships

Venue – Minneapolis, Minnesota

Date – May 3-4, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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VENUE

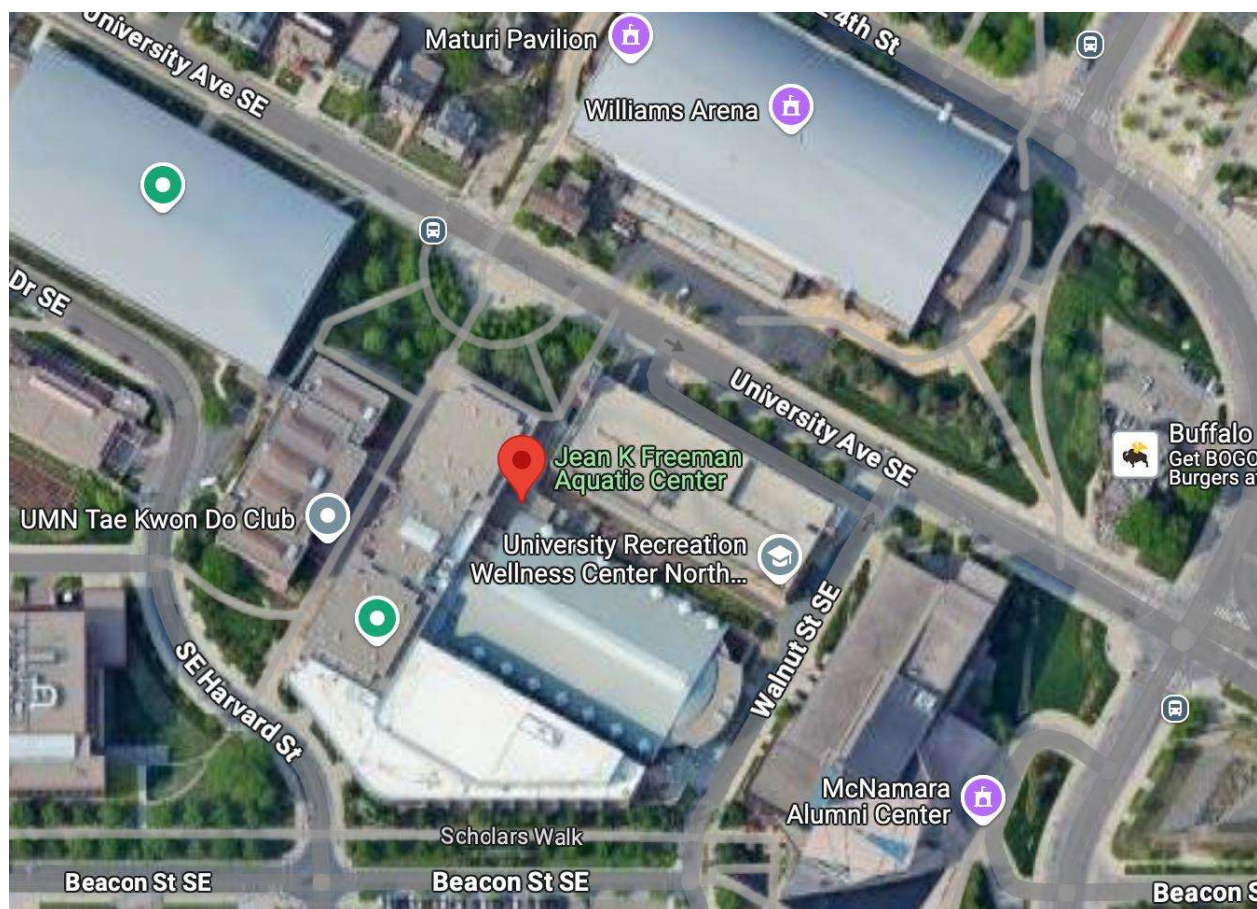
Jean K Freeman Aquatic Center

1910 University Ave SE

Minneapolis, MN 55455

<https://recwell.umn.edu/aquatics>

MAP



MEET CONTACT INFORMATION

Jason Baumann

612-499-2263

jason@northstardiving.com

DATES

Practice Dates: May 2

Competition Dates: May 3-4



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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 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 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 May 2 at 2pm in the wet classroom just off the deck by the diving well.

Virtual Option via google meets: <https://calendar.app.google/GvQEVZe5nq8rYwAq7>

ORDER OF EVENTS

DAY 1 – MAY 3	DAY 2 – MAY 4
1 Meter: Event #1 Boys A (16 – 18)	1 Meter: Event #1 Girls C (12 – 13) & Girls D (11 & Under)
Event #2 Boys Boys B (14 – 15) & Boys C (12 – 13) & D (11 & Under)	Event # 2 Girls B (14 – 15)
Event# 3 Girls A (16 – 18)	
3 Meter: Event #4 Girls D (11 & Under) & Girls C (12 – 13)	3 Meter: Event #4 Boys A (16 – 18)
Event#5 Girls B (14 – 15)	Event # 5 Boys B (14 – 15) & Boys C (12 – 13) & Boys D (11 & Under)
	Event #6 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 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.

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>

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 both 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 Regional Championships gear at their stand throughout the event!

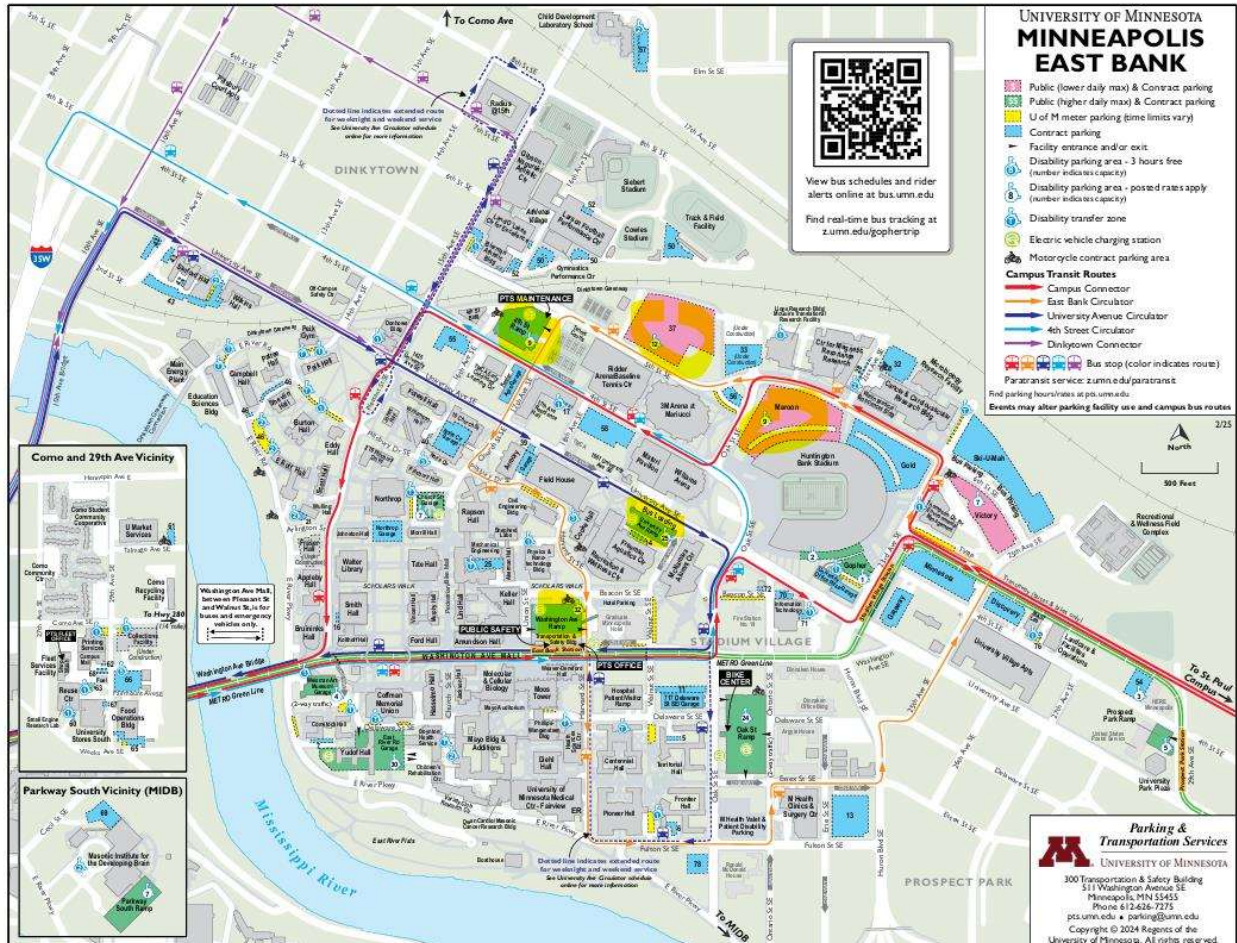


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PARKING

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. Two Day passes are \$18. Only for Saturday and Sunday, no charge for Friday. We request that you pay via Venmo @NorthStarDiving and no cash.

WIFI

There is guest Wi-Fi access in the building.



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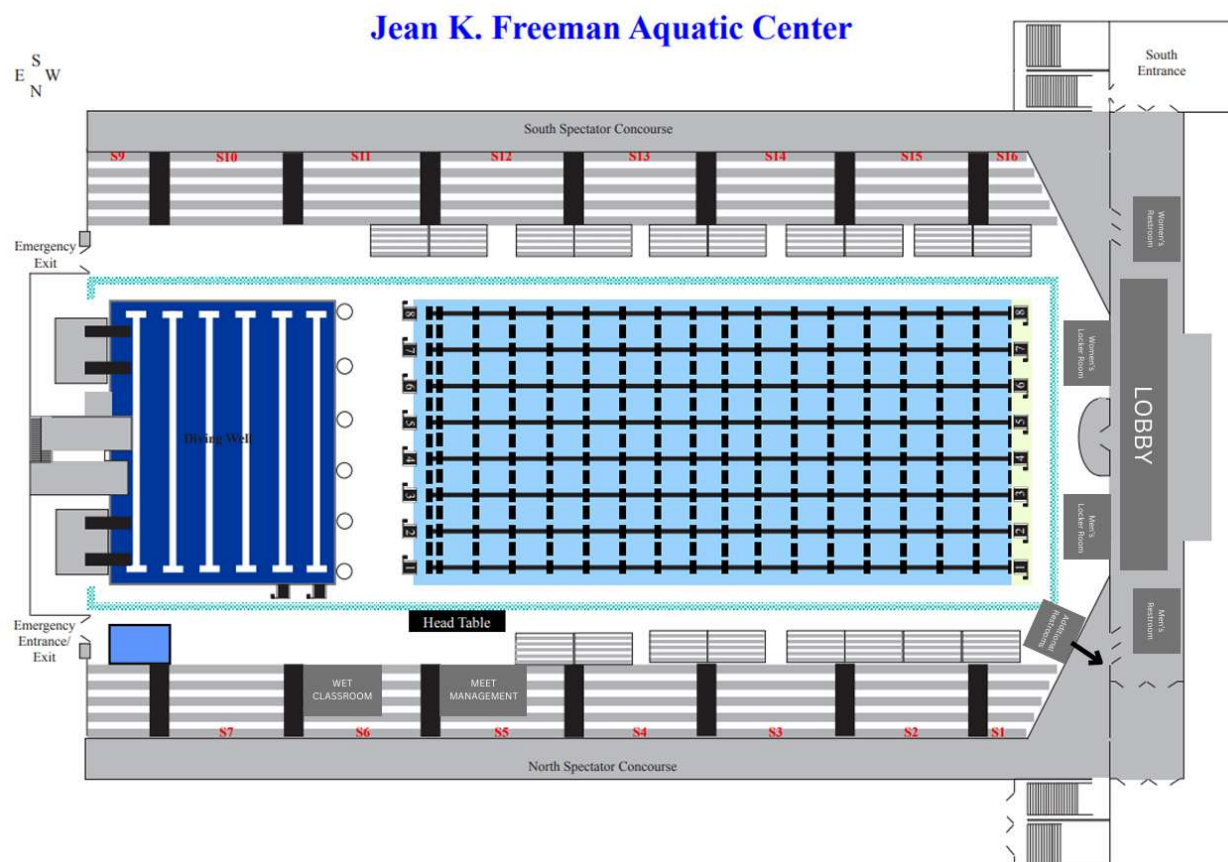
STREAMING

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.

DECK MAP



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