

MEET INFORMATION PACKET



2025 USA Diving Region 9 Championships

Venue – Cheyenne, Wyoming

Date – April 26-27, 2025

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



USA DIVING 2025 REGIONAL
CHAMPIONSHIPS



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VENUE

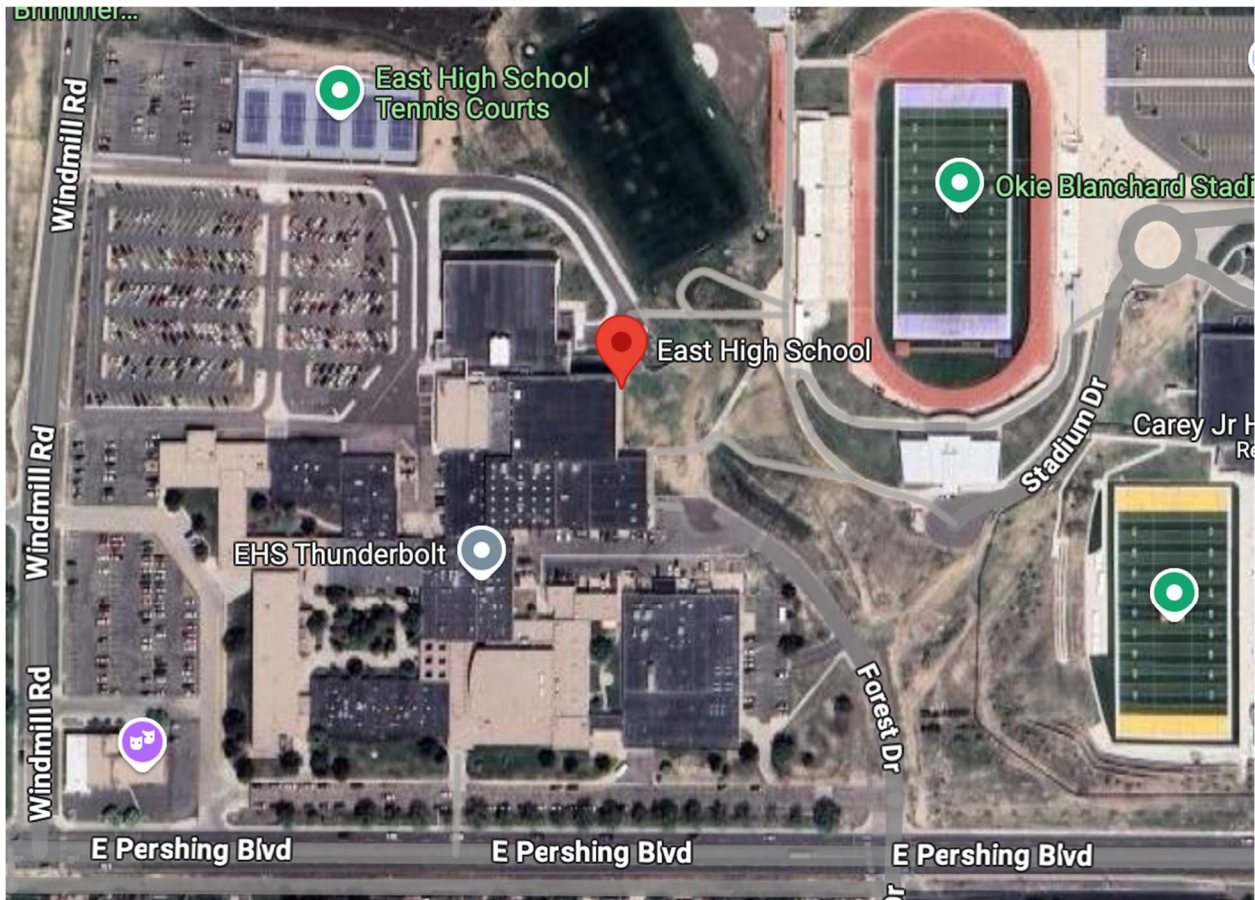
Cheyenne East High School

2800 E Pershing Blvd

Cheyenne, WY 82001

<http://east.laramie1.org/>

MAP



MEET CONTACT INFORMATION

Talan Premer

307-421-5339

Talan.premer@laramie1.org

DATES

Practice Dates: April 24-25

Competition Dates: April 26-27



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West Entrance to the facility, use door #16

FACILITY AND EQUIPMENT

Pool Equipment: 2x 1-meter Duraflex 16' Maxiflex Model B

2x 3-meter Duraflex 16' Maxiflex Model B

At least one tevo/sideline scout will be available during the meet.

Dryland Equipment- No dry land equipment will be available.

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 11 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.



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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 COMPORIMENT

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 coaches meeting will be held on Friday April 25th in the Hospitality room from 4:15-5:30 pm. Hospitality is located at the east end of the pool deck.

ORDER OF EVENTS

| DAY 1 – APRIL 25 | DAY 2 – APRIL 26 |
|--|--|
| 1 Meter: Girls B (14 – 15) Boys A (16 – 18) Boys D (11 & Under) Boys C (12 – 13) | 1 Meter: Girls A (16 – 18) Boys B (14 – 15) Girls D (11 & Under) Girls C (12 – 13) |
| 3 Meter: Girls A (16 – 18) Boys B (14 – 15) Girls D (11 & Under) Girls C (12 – 13) | 3 Meter: Girls B (14 – 15) Boys A (16 – 18) Boys D (11 & Under) Boys C (12 – 13) |

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

There is only one access point to the pool deck, spectators, coaches, athletes, and event workers will check in at the table located inside the entry corridor. Then athletes, coaches and event workers will proceed down the stairs to the pool deck. There will be a checkpoint to ensure that spectators are not on the pool deck. Only those with the proper credentials will be allowed onto the pool deck.

RESTROOMS

Athletes will utilize the men's and women's deck level locker-room.

Coaches/Staff/Adults/ Spectators will utilize the upper-level restrooms on the East end of the spectator seating. Coaches and staff will have to use the stairs well to access these restrooms

FIRST AID/MEDICAL SERVICES

During the meet there will be lifeguards rotating on deck to respond to any injuries that may occur during the meet. If an athlete needs ice they will need to have their coach contact the Meet direct Talan Premer to get ice from the high school training room.

There are several Urgent cares within a 5 mile radius of the facility and the Cheyenne Regional Medical Center hospital is located at [214 E 23rd St, Cheyenne, WY 82001](https://www.cheyennecolorado.gov/214-E-23rd-St-Cheyenne-WY-82001)

COACH HOSPITALITY

There will be hospitality located at the East end of the swimming pool. On training days, hospitality will be limited. On the competition days we will provide breakfast items, lunch and snacks. Drinks will also be provided. This will be for registered coaches and event workers only! Dinner will be provided to coaches at the coaches meeting.

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 (see map below)

Thursday: Student parking lot to the west of the building

Friday: 8:00 am- 3:00pm Carey parking lot (see map) Bremer Park across the street.

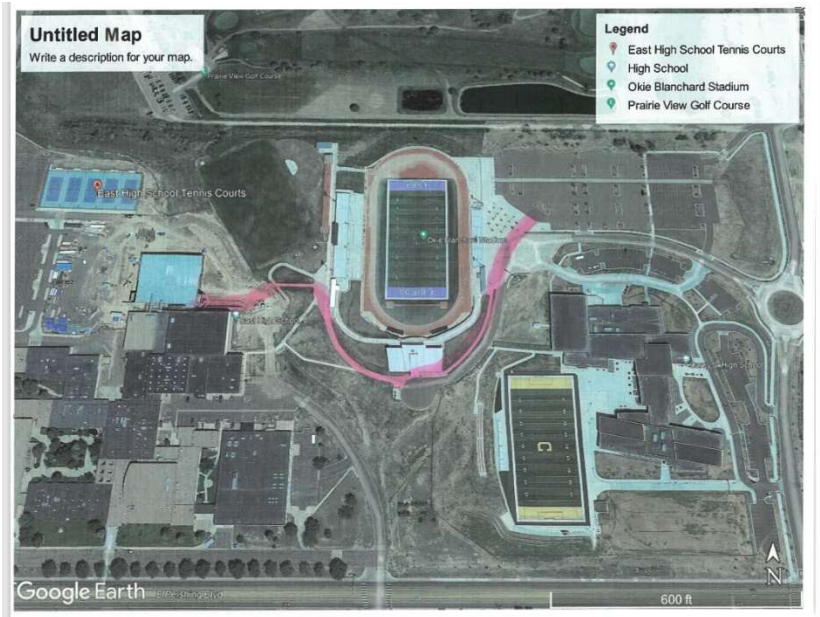
3:00-5:30pm Student parking lot to the west of the building

Saturday/Sunday: Student parking lot to the west of the building



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TICKETING

Adults \$10/day

Teens (13-18) \$10/day

Children (5-12) \$5/day

**Cash/Venmo accepted*

FOOD/CONCESSIONS

There will not be any concession sold during the meet. There are many fast-food businesses, dine-in restaurants, and coffee shops within a 5-mile radius of the facility!

WIFI

Guest WIFI will be available

STREAMING

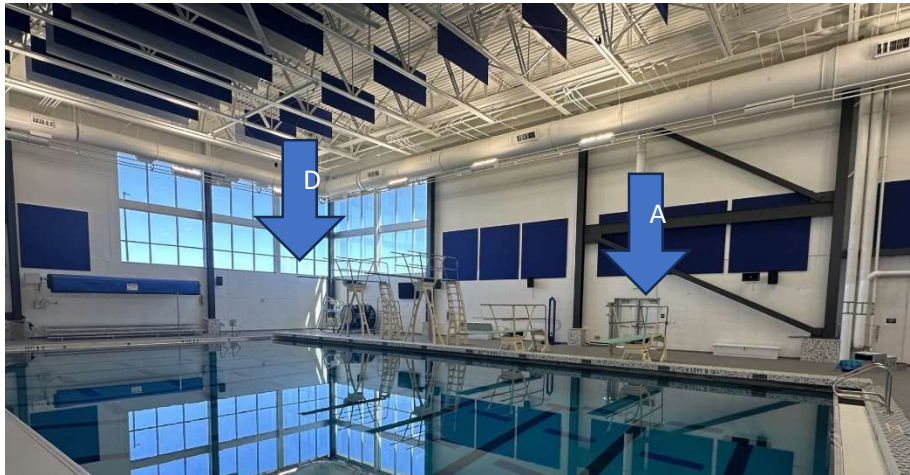
TBA as event details get closer, link will be published the day of competition.



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DECK MAP



The far 3m will be board D, the end 1m will be board A



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