



2025 Junior Competition Circuit

Endorsed by the USA Diving High Performance Director (HPD) and the Committee for Competitive Excellence (CCE)

Introduction

This document outlines the new structure for the Junior Competition Season, introducing East, Central, and West Championship events to replace the preliminary component of the current Junior National Championships. The proposed changes aim to streamline the competitive process regarding function of each championship event while expanding opportunities for divers to compete beyond the Zone Level of competition in the USA.

Proposed Junior Competition Season Overview

The competition structure introduces a tiered system consisting of newly reformatted Regional Championships, Zone Championships, newly introduced East/Central/West (E-W-C) Championships, and culminates in a new format for the Junior National Championships. The proposal focuses on streamlining the qualification process for Groups A, B, C, and D divers, with newly defined specific pathways for qualification at each stage.

Regional Championships

- **Eligibility:**

Only Groups A and B divers are required to attend regional meets to advance to the Zone Championships. All Group A/B divers in good standing with USA Diving are eligible to compete in the Regional Championships.

 - **Qualification:**
 - The top 15 non-prequalified divers from each Region will advance to Zones.
 - Additionally, any divers who achieve the average top 15 score from any Region will also advance.
 - **Groups C & D:**

These Groups may be hosted as exhibition events at the Region level; alongside platform, Future Champions, or any other exhibition events.
- **Format:**
 - 2-day competition format.
 - At least one dedicated 4-hour warm-up day prior to competition (flighted format).

- Competitive diving stations available to Groups A & B divers for at least one hour of warm-up after the first competition day (flighted format as necessary).
- Event hosts may split boards as necessary.
- Exhibition events would take place at different times or at separate stations than the priority qualifying Group A/B events.

Zone Championships

- **Eligibility:**

Groups A, B, C, and D divers who advance from the Regional Championships may compete in 1-meter, 3-meter, and platform events at the Zone Championships.

- **Qualification:**

- The top 3 non-prequalified divers in each event will advance to the Junior National Championships.
- Divers placing 4th to 18th (non-prequalified) will advance to the corresponding East/Central/West Championships.
- Any divers achieving the average top 18 score from any zone will also advance to the E-W-C Championships.
- Approved Exhibition events would take place at different times or at separate stations than the priority qualifying Group A/B/C/D events.

- **Format:**

- 3-day competition format.
- At least 1 ½ days of dedicated warm-up prior to the competition (preferably 2 full 8 hour days of warm-ups provided):
 - One 4-hour warm-up day, followed by an 8-hour warm-up day (flighted format).
- Competitive diving stations available for at least one hour of warm-up after each competition day (flighted format as necessary).
- Event hosts may split boards as necessary.

East/Central/West Championships

- **Eligibility:**

Groups A, B, C, and D divers who advance from the Zone Championships may compete in 1-meter, 3-meter, and platform events at the E-W-C Championships.

 - **Qualification:**
 - The top 3 non-prequalified divers from each E-W-C Championship will advance to Junior Nationals.
 - Additionally, the average top 3 score achievers (up to 6th place finishers) will also advance.
- **Format:**
 - 4-day prelims/finals competition format.
 - At least two full 8-hour warm-up days prior to the competition (flighted format).
 - Competitive diving stations available for at least one hour of warm-up after each competition day (flighted format as necessary).
 - Event hosts to split boards during prelims as necessary.

Junior National Championships

- **Eligibility:**
 - Top 3 non-prequalified divers from each Zone (up to 6th place if divers opt not to advance).
 - Top 3 non-prequalified divers from each E-W-C Championship (up to 6th place if divers opt not to advance).
 - Prequalified divers will compete directly in the preliminaries.
- **Format:**
 - Semifinals will be eliminated, and divers will advance from preliminaries to finals in a same-day individual event format.
 - 6-7 day competition format (prelims/finals), with 2-3 flighted warm-up days prior to the first event.
 - Flighted or open evening warm-ups will be available after each competition day, as appropriate.
 - Event hosts to split boards during prelims as necessary.

Proposed Competition Calendar

(Adjustable as needed per Region/Zone with USA Diving Office/CCE/HPD approval)

- **Regionals:** Mid-April – First weekend in May
- **Zones:** Late May – First weekend in June
- **East/Central/West Championships:** Late June – End date of July 3
- **Junior Nationals:** Late July – Early August

This proposal for the 2025 Junior Competition Circuit aims to optimize competition opportunities for all junior divers while maintaining a streamlined qualification pathway. The introduction of East, Central and West Championships will provide greater exposure to competitive diving across the country and allow more athletes the opportunity to participate in the Junior Competition Circuit. For the first time in recent history, Groups C/D need not participate at the Regional level, as enrollment indicates the volume of athletes who on average attend each Regional event can be efficiently managed at the Zone level of competition. This being a cost saving interest per USA Diving Member with respect USA Diving qualification events to the Junior Nationals and remains in line with the number of competitions Group C/D divers have participated in per year for many years.