

Waukee Regional Diving Schedule

To provide a more efficient diving warm-up, the following time schedule and rotation will be used at the regional diving meet. Please advise your divers of this schedule.

GROUP 1

3:00-3:40 p.m.

4:20-4:50 p.m.

Cedar Rapids Kennedy

Des Moines Roosevelt

Dowling Catholic

Waukee Northwest

West Des Moines Valley

GROUP

3:40-4:20

4:20-4:50

Cedar Rapids Washington

Decorah

Mason City

Pleasant Valley

Waterloo West

2

Coaches: Be sure to email completed diving sheets to your regional site by 4:00 p.m. Wednesday, November 5

The email address to send regional diving sheets is: egoode@waukeeschools.org

All divers will warm-up in the third rotation (4:20-4:50). Competition will begin promptly at 5:00 p.m. Reminder that coaching personnel for each diver must be at the pool during warm-ups. Diving awards will be distributed after Thursday night's competition.

Three officials have been hired at your regional site. Four coaches (selected by lot) will round out the panel of seven judges (two coaches from each regional site). Diving coaches must have completed the NFHS Course "Judging Springboard Diving" to judge in the regional and state meet.

Diving regional champions automatically qualify for the state meet. If a diver qualified for the state meet at one of the two regular season qualifying meets, the diver must successfully complete all 11 dives to compete at the State Meet.