SOUTHEAST POLK REGIONAL DIVING WARM-UP SCHEDULE

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

Group 1
3:00 – 3:40 p.m.
4:20 – 4:50 p.m.
Southeast Polk
West Des Moines Valley

Group 2
3:40 – 4:20
4:20 – 4:50
Ankeny
Marshalltown

Regional Diving Schedule:

3:00 p.m.	Pool opens for warm-up (divers only)
4:00 p.m.	Diving sheets must be in (coaches meeting on deck)
5:00 p.m.	Regional Diving Competition

Admission for regional diving is $6.00

Coaches: Be sure to email completed diving sheets to your regional site by 4:00 p.m. Wednesday, Oct. 30

The email address for your regional site to send diving sheets is: **Jayson Campbell (jayson.campbell@southeastpolk.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 the diving warm-ups. The diving awards will be given following for both regionals after Thursday night's competition.

Each diving regional winner automatically qualifies for the state meet (a total of six automatic qualifiers). The IGHSAU has hired three judges at each regional site. Four coaches (selected by lot) will round out the panel of seven judges. Schools competing in diving should have a coach available to judge in the regional competition.

In the event that more than 16 divers compete in a regional, the protocol for diving cuts outlined in Rule 9-4-4 & 9-4-5 (page 81 in the 2018-19 rule book) will be followed.