

GRINNELL 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.

Dowling Catholic

Marshalltown

Grinnell

Group 2

3:40 – 4:20

4:20 – 4:50

Des Moines Lincoln

Iowa City High

Iowa City West

Waukee

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 your completed diving sheets to your regional site by 4:00 p.m. Wednesday, Oct. 25.

The email address for your regional site is: Chris Coffman, Grinnell High School. chris.coffman@grinnell-k12.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.

There are no cuts at this regional diving competition. All divers will attempt 11 dives.

The IGHSAU has hired three judges at each regional site. Two coaches per swim region (selected by lot) will round out the panel of seven judges. **It is expected that a school competing in diving should have a coach available to judge in the regional competition.** Each regional winner qualifies for the state meet (six automatic qualifiers), plus the next 24 high scoring divers (including ties) for a total of 30-state qualifying divers. A tentative list of qualifiers will be posted on the IGHSAU website Thursday evening.