WDM VALLEY/FORT DODGE
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
DM Hoover
WDM Valley
Marshalltown

Group 2
3:40-4:20 p.m.
4:20-4:50 p.m.
Mason City
Boone
Ames

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

The email address for your regional site to send diving sheets is Shaun DeBoef (deboefs@wdmcs.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 distributed after Thursday night's competition.

Each diving regional winner automatically qualifies for the state meet (a total of seven 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 78 in the 2020-21 rule book) will be followed.