

Johnston 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 diving meet. Please advise your divers of this schedule.

Group 1

3:00-3:35

4:10-4:40

Ames

Johnston

Mason City

Southeast Polk

Group 2:

3:35-4:10

4:10-4:40

Ankeny

Cedar Rapids Washington

Cedar Rapids Jefferson

Marshalltown

Coaches: Be sure to email completed diving sheets to your regional site by 4:00 p.m., Wednesday, November 3

The email address to send regional diving sheets is: robertsondarin22@gmail.com

All divers will warm-up in the third rotation (4:15-4:40). 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 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 (two coaches from each regional site). 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.