



*2020 DIVISION I*  
**ZONE DIVING  
CHAMPIONSHIPS**

***PARTICIPANT  
2019-20 MANUAL***

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## Welcome Letter

It is our pleasure to welcome you to Lexington for the 2020 Zone C Diving Championships. The University of Kentucky is honored to host this event and we look forward to an exciting three days of competition at the Lancaster Aquatic Center.

At UK, we take pride in hosting first-class championships and I trust you will find our staff to be accommodating. If you have any questions during your visit or if any issues should arise, please reach out to Rodney Burton and we will be happy to assist.

We wish you, your team and your student-athletes the best during this championship!

Mitch Barnhart

University of Kentucky Athletics Director



## ***CHAMPIONSHIPS PERSONNEL***

### **NCAA Representative**

<b><u>NCAA Representative</u></b>	<b><u>Office Phone</u></b>	<b><u>Cell Phone</u></b>	<b><u>E-Mail</u></b>
Liz Homrig, Assistant Director of Championships	317-917-6245	317-966-0035	<a href="mailto:lhomrig@ncaa.org">lhomrig@ncaa.org</a>
Carol A. Reep, Associate Director of Championships	317-917-6678	317-966-6520	<a href="mailto:careep@ncaa.org">careep@ncaa.org</a>

### **Sport Administrators**

Nathan Schwake, Team Liaison	859-257-5526	859-509-4214	<a href="mailto:nathan.schwake@uky.edu">nathan.schwake@uky.edu</a>
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### **Championship Staff**

Rodney Burton, Tournament Director	859-257-5411	859-983-6023	<a href="mailto:Rodney.Burton@uky.edu">Rodney.Burton@uky.edu</a>
Sarah Rainwater, Assistant Tournament Director	859-257-4482	859-533-8021	<a href="mailto:Sarah.rainwater@uky.edu">Sarah.rainwater@uky.edu</a>
Kate Ramsey, Director of Events	859-218-1775	502-294-0439	<a href="mailto:kate.ramsey@uky.edu">kate.ramsey@uky.edu</a>

### **Coaching Staff**

Ted Hautau, Head Diving Coach	859-257-9164	859-285-7693	<a href="mailto:tnha222@uky.edu">tnha222@uky.edu</a>
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### **Facility Staff**

Tish Hollingsworth-Gray, Facility Director	859-257-7947	859-351-2375	<a href="mailto:holling@uky.edu">holling@uky.edu</a>
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### **Diving Table Coordinator**

Andrew Holt		859-327-4375	
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### **Athletic Communications**

Cami Moore	859-257-3747	859-396-0368	<a href="mailto:camiran.moore@uky.edu">camiran.moore@uky.edu</a>
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### **Athletic Training**

Thomas Kidd	859-257-7349	606-231-2511	<a href="mailto:c.thomaskidd@uky.edu">c.thomaskidd@uky.edu</a>
Amy Barchek, Graduate Assistant	859-257-6510	937-266-0779	<a href="mailto:amy.barchek@uky.edu">amy.barchek@uky.edu</a>

### **Sports Marketing**

Sidney Dukes	859-257-8606	903-363-5795	<a href="mailto:Sidney.dukes@uky.edu">Sidney.dukes@uky.edu</a>
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## ***ZONE C DIVING COACHES***

<u><b>Name:</b></u>	<u><b>School:</b></u>	<u><b>E-mail:</b></u>
Chris Medvedeff	Akron	<a href="mailto:cqm@uakron.edu">cqm@uakron.edu</a>
Nick Gayes	Ball State University	<a href="mailto:njgayes@bsu.edu">njgayes@bsu.edu</a>
Rickey Perkins	Bowling Green State University	<a href="mailto:rdperki@bgsu.edu">rdperki@bgsu.edu</a>
Kirtley Krombholz	Cincinnati	<a href="mailto:kirtley.krombholz@gmail.com">kirtley.krombholz@gmail.com</a>
Rich Karban	Cleveland State University	<a href="mailto:r.karban@csuohio.edu">r.karban@csuohio.edu</a>
Buck Smith	Eastern Michigan University	<a href="mailto:lsmith@emich.edu">lsmith@emich.edu</a>
Stuart Wilson	Evansville	<a href="mailto:sw305@evansville.edu">sw305@evansville.edu</a>
Susan Bromberg	Illinois at Chicago	<a href="mailto:bromberg@uic.edu">bromberg@uic.edu</a>
Phil Hoffmann	Illinois State University	<a href="mailto:prhoffm@ilstu.edu">prhoffm@ilstu.edu</a>
Manny Pollard	Illinois, Champaign	<a href="mailto:mpoll16@illinois.edu">mpoll16@illinois.edu</a>
Drew Johansen	Indiana University, Bloomington	<a href="mailto:drjohans@indiana.edu">drjohans@indiana.edu</a>
Eric Barnes	IUPUI	<a href="mailto:ericbarn@iupui.edu">ericbarn@iupui.edu</a>
Ted Hautau	Kentucky	<a href="mailto:ted.hautau@uky.edu">ted.hautau@uky.edu</a>
Ryan Rougeux	Louisville	<a href="mailto:rougeuxr1@gmail.com">rougeuxr1@gmail.com</a>
Kong Rong Li	Miami University (OH)	<a href="mailto:krli@miamioh.edu">krli@miamioh.edu</a>
Mike Hilde	Michigan	<a href="mailto:hildem@umich.edu">hildem@umich.edu</a>
Eric Best	Michigan State University	<a href="mailto:bester@ath.msu.edu">bester@ath.msu.edu</a>
Kris Jorgensen	Northwestern University	<a href="mailto:Kris.jorgensen@northwestern.edu">Kris.jorgensen@northwestern.edu</a>
Caiming Xie	Notre Dame	<a href="mailto:xie.2@nd.edu">xie.2@nd.edu</a>
Larry Albright	Oakland University	<a href="mailto:albrigh3@oakland.edu">albrigh3@oakland.edu</a>
Britni Fisher	Ohio University	<a href="mailto:fisherb1@ohio.edu">fisherb1@ohio.edu</a>
Adam Soldati	Purdue University	<a href="mailto:asoldati@purdue.edu">asoldati@purdue.edu</a>
Joy Zhao	Southern Illinois at Carbondale	<a href="mailto:zhaoc@siu.edu">zhaoc@siu.edu</a>
Justin Sochor	The Ohio State University	<a href="mailto:sochor.7@osu.edu">sochor.7@osu.edu</a>
Gabby Agostino	Toledo	<a href="mailto:gabriella.agostino@utoledo.edu">gabriella.agostino@utoledo.edu</a>
Emad Abdellatif	Western Illinois University	<a href="mailto:es-abdellatif@wiu.edu">es-abdellatif@wiu.edu</a>
Fengting Chen	Youngstown State University	<a href="mailto:fchen02@ysu.edu">fchen02@ysu.edu</a>

## ***SCHEDULE OF EVENTS***

(All times are local unless otherwise stated)

### **Wednesday, March 4**

5 p.m. Eastern

NCAA online zone diving entry form and DiveMeets entries due

### **Tuesday, March 10**

6:30 am

Building is open

2 to 9 p.m.

Open practice

9 p.m.

Diving well closed

### **Wednesday, March 11**

6:30 a.m.

Building is open

7 a.m. to 1 p.m.

Open practice

1 to 2:15 p.m.

Men and women's combined group \_\_\_\_ warm up

2:15 to 3:30 p.m.

Men and women's combined group \_\_\_\_ warm up

3:30 to 4:45 p.m.

Men and women's combined group \_\_\_\_ warm up

4:45 to 6 p.m.

Men and women's combined group \_\_\_\_ warm up

6 to 7 p.m.

Mandatory coaches' meeting (diving well closed) –

*UK Team Room on pool deck*

7 to 9 p.m.

Open practice

### **Thursday, March 12**

6:30 a.m.

Building is open

6:30 to 8:15 a.m.

Open practice

8:15 to 9:15 a.m.

Men and women's combined group \_\_\_\_ warm up

9:15 to 10:15 a.m.

Men and women's combined group \_\_\_\_ warm up

10:15 to 11:15 a.m.

Men and women's combined group \_\_\_\_ warm up

11:15 a.m. to 12:15 p.m.

Men and women's combined group \_\_\_\_ warm up

12:15 to 12:55 p.m.

Open practice

12:57 p.m.

National anthem

**1 p.m.**

**Women's 1-meter competition**

**Men's 3-meter competition**

*15-minute break in between list to cut to top 18*

8 pm

Diving well closed

### **Friday, March 13**

6:30 a.m.

Building is open

6:30 to 8:15 a.m.

Open practice

8:15 to 9:15 a.m.

Men and women's combined group \_\_\_\_ warm up

9:15 to 10:15 a.m.

Men and women's combined group \_\_\_\_ warm up

10:15 to 11:15 a.m.

Men and women's combined group \_\_\_\_ warm up

11:15 a.m. to 12:15 p.m.

Men and women's combined group \_\_\_\_ warm up

12:15 to 12:55 p.m.

12:57 p.m.

**1 p.m.**

Open practice

National anthem

**Men's 1-meter competition**

**Women's 3-meter competition**

*15-minute break in between list to cut to top 18*

8 p.m.

Diving well closed

### **Saturday, March 14**

6:30 a.m.

6:30 to 7:30 a.m.

7:30 to 8:30 a.m.

8:30 to 9:30 a.m.

9:30 to 10:30 a.m.

10:30 to 10:55 a.m.

10:57 a.m.

**11 a.m.**

Building is open

Open practice

Men and women's combined group \_\_\_\_ warm up

Men and women's combined group \_\_\_\_ warm up

Men and women's combined group \_\_\_\_ warm up

Open to women only

National anthem

**Women's platform competition**

*15-minute break in between list to cut to top 18*

***1-hour warm-up for men only***

**Men's platform competition**

**\*\* Events will run "straight through" with a 15-minute break between the end of preliminaries and the beginning of the finals. Divers in the finals are allowed to practice during the 15-minute break.\***

## ENTRY INFORMATION

### Diving Entries

- Qualification for a diving event must be achieved in bona fide competition. The definition and requirements for meeting bona fide competition is detailed in Rule 9 for the 2019-20 and 2020-21 NCAA Swimming and Diving Rules Book.
- In order to qualify for the diving events at the championships, a diver must participate in his or her respective zone-qualifying meet. In order to qualify to compete in a zone-qualifying meet, the diver must have achieved the qualifying standards for minimum point totals in bona fide competition in at least one event. The qualifying standards for divers are available online at [www.ncaa.org](http://www.ncaa.org) by navigating to: Division I > Championships > Swimming and Diving. The competition point totals must be submitted on an officials NCAA diving online form.
- A diver's score sheet must be certified by a referee and a coach along with the diver's signature. *A qualifying score achieved and entered on DiveMeets.com may serve as documentation for a valid qualifying score as an alternative to the signed diving score sheet.*
- [DiveMeets](http://DiveMeets) will be used at each of the zone diving meets and divers must register online for their respective zone meet.
- All coaches wishing to enter a diver into their respective zone diving meet must submit the zone diving entry form by 5 p.m. Eastern time, Wednesday, March 4. If a diver qualifies during the last weekend before the zone diving meets, a waiver request may be submitted to the committee to allow for late entries. Waivers must be emailed to Carol A. Reep ([careep@ncaa.org](mailto:careep@ncaa.org)) for women and Liz Homrig ([lhomrig@ncaa.org](mailto:lhomrig@ncaa.org)) for men. Directions for submitting the zone diving form will be available online (NCAA.org, NCAA Connect, Championships, Division I Swimming and Diving) in January. Late and/or incorrect submissions will result in a fine of \$500.

### Procedures

- All springboard diving events will consist of a preliminary round of six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The top 18 finishers from the preliminary round will advance to the final round and will perform a second list of six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. All dives will be performed in any order without limit on degree of difficulty. Scores on all dives performed by each of the divers in the prelims and the finals shall be used to determine finals placing.
- For platform prelims, each diver will do six optional dives (men), including one from each of six groups, or five optional dives (women), including one from each of five groups, from any competitive platform level (i.e. 5, 7.5 or 10 meters), in any order, without limit on degree of difficulty. The top 18 finishers from the preliminary round will advance to the final round and will perform a second list of six optionals (men) including one from each of the six platform groups or five optionals (women) including one from each of five groups. All dives will be performed from any competitive level in any order without limit on degree of difficulty. Scores on all dives performed by each of the divers in the prelims and the finals shall be used to determine finals placing.



- Divers in the finals are allowed to practice during the 10-minute break. The diving order for finals will remain the same, with the non-qualifying divers being removed from the starting order.

## *SCORING*

**In all events, preliminary scores will carry forward and be added to the scores in the finals to determine final placement.**

### **Tie-Breaking Procedures at Zone Qualification Meets**

In the event of a tie between two or more divers who are vying for a final selection spot from a zone qualifying meet, the tie will be broken by comparing each of the diver's highest score from both their two lists (preliminary and finals). The diver with the highest score would advance to the championships, and the other diver will become the first alternate from that respective zone.

### **Judges**

Panels of judges shall be drawn by the NCAA Diving Sub-Committee members in attendance before the coaches meeting. Panels should be drawn so that all conferences are represented equally, if possible. The panels of judges shall then be presented to all coaches for final approval at the coaches meeting. Any coach wanting to observe the drawing of panels may do so.

## *RESULTS*

Divers will qualify for the NCAA championships based on performances at their respective zone meet.

### **Qualifying Procedures**

The top five female and top four male divers from each event at their respective zone diving meet will be eligible to compete at the NCAA Championships. Additional place finishers in each event at each zone will be eligible based on the number of student-athletes from that zone who finished in the top 16 in that event at the previous year's NCAA Championships. All eligible divers must have achieved the zone qualifying score prior to the NCAA Championships in all events they wish to participate.

### **Number of Qualifying Spots per Zone for 2020**

<b><u>Women</u></b>	<b>1m</b>	<b>3m</b>	<b>PI</b>	<b><u>Men</u></b>	<b>1m</b>	<b>3m</b>	<b>PI</b>
<b>Zone A</b>	5	6	5	<b>Zone A</b>	6	5	4
<b>Zone B</b>	7	7	8	<b>Zone B</b>	10	8	8
<b>Zone C</b>	7	6	10	<b>Zone C</b>	7	7	10
<b>Zone D</b>	10	13	9	<b>Zone D</b>	9	9	8
<b>Zone E</b>	12	9	9	<b>Zone E</b>	4	7	6

### **Optional Entry**

Any diver that is eligible to compete as noted above will be allowed to optionally enter any other event(s) at the championships, provided that the diver finished in the top 12 at the same zone meet and has achieved the zone qualifying score for that event prior to the NCAA Championships.

### **Example**

Zone A had two divers finish in the top 16 on 1-meter at last year's NCAA women's championships; therefore, the top seven divers (5+2) would then be eligible to compete at this year's NCAA championships in the 1-meter event. Additionally, those seven divers may dive the 3-meter and or platform events provided they have met the requirements noted above.

### **Reimbursement Procedure**

The reimbursement system for divers who are eligible to compete in the NCAA Championships will remain the same as the 2018-19 season qualifying system. Divers will be eligible for reimbursement based on performances at their respective zone meet. The results from the previous year's NCAA championships, along with a priority-placement grid (Figure 1) will be used to determine the total allocated reimbursement spots for each zone. Each zone will receive a minimum of four reimbursements for men and women. These guaranteed reimbursements will fill 20 of the 41 and 20 of the 35 allotted for women and men respectively. The priority-placement grid will then be used to fill the remaining 21 spots for women and 15 for men. All remaining eligible divers that do not receive reimbursement will be allowed to attend the NCAA championships as an institutionally funded participant.

#### **NUMBER OF REIMBURSEMENT SPOTS PER ZONE**

	Women	Men
Zone A	4	6
Zone B	7	8
Zone C	8	8
Zone D	14	8
Zone E	8	5

Place	1M	3M	PL
1	2	1	3
2	5	4	6
3	8	7	9
4	11	10	12
5	14	13	15
6	17	16	18
7	20	19	21
8	23	22	24
9	26	25	27
10	29	28	30
11	32	31	33
12	35	34	36
13	38	37	39
14	41	40	42
15	44	43	45
16	47	46	48

**Figure 1**

Once all of the zone diving meets have concluded, and not later than Sunday, March 15, the list of selected divers will be posted on [www.ncaa.org](http://www.ncaa.org) at the following location: Division I > Championships

> Swimming and Diving. Institutions with divers selected to the championships will be notified by the NCAA national office. Additionally, for the full list of divers eligible to compete at the finals site that includes the institutionally-funded divers, please refer to the DiveMeets site.

## ***FACILITY INFORMATION***

The University of Kentucky's Lancaster Aquatic Center, opened March 29, 1989, represents the finest in collegiate swimming and diving facilities. The natatorium is named for Harry C. Lancaster, former UK Athletics Director (1968-76). The Aquatic Center has a full training room equipped with two treatment tables, EGS and ultrasound machine, hydrocollator, and ice machine. There is always an athletic trainer on duty. The facility is located 416 Complex Drive Lexington, Kentucky 40506

The diving facilities are among the best in the world. The facility has two 1-meter boards and two 3-meter boards set on concrete platforms as well as the dive tower consisting of a 1, 5, 7.5 and 10 platforms. Each platform is eight feet wide with lengths from 23 to 28 feet. Water under the diving boards and tower is 17 feet deep. There is a 40-foot dryland diving area permanently set up with a trampoline, porta pit diving board and two diving/tumbling harnesses for somersaulting and twisting practice

## ***DIRECTIONS TO FACILITY***

### **From Bluegrass Parkway**

When the Parkway ends you exit right onto route 60 (Versailles Road), go approximately 10 miles and turn right on Mason Headley Road beside Cardinal Hill Hospital. Continue straight through the lights, you will pass a golf course and the Campbell House Inn. At the light continue straight through the intersection onto Waller Ave. alongside St. Joseph's Hospital. Pass over the railroad tracks and continue straight through the light to the intersection of Nicholasville Rd. and Cooper Drive. Kroger Field is located on the right-hand side.

### **Going South I-75/I-64 E or W towards Lexington**

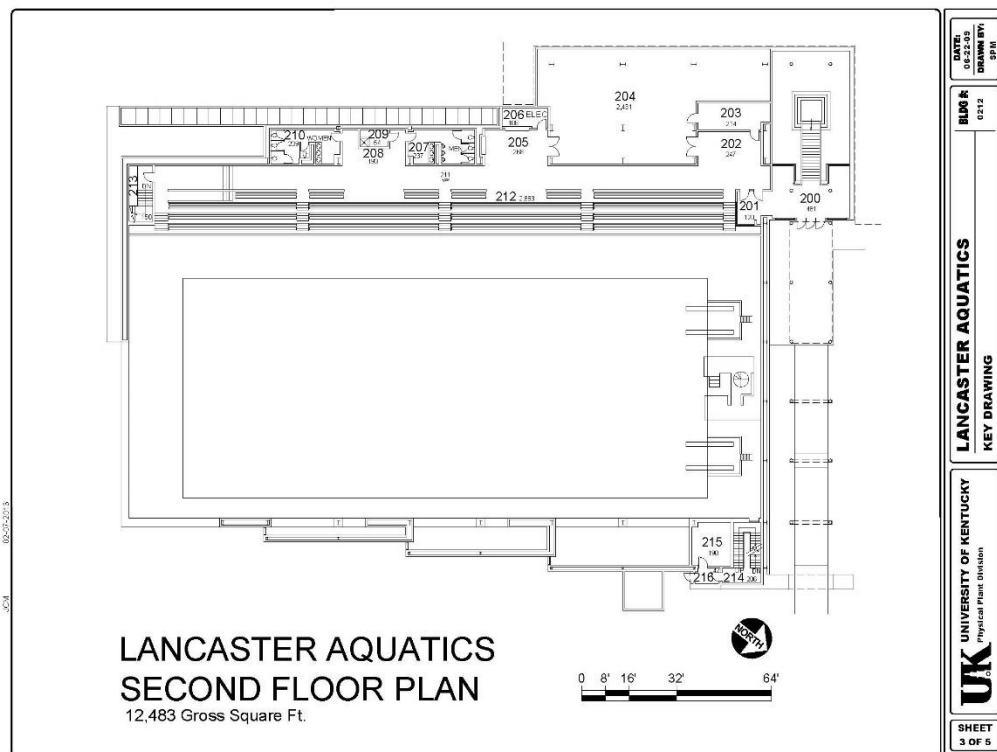
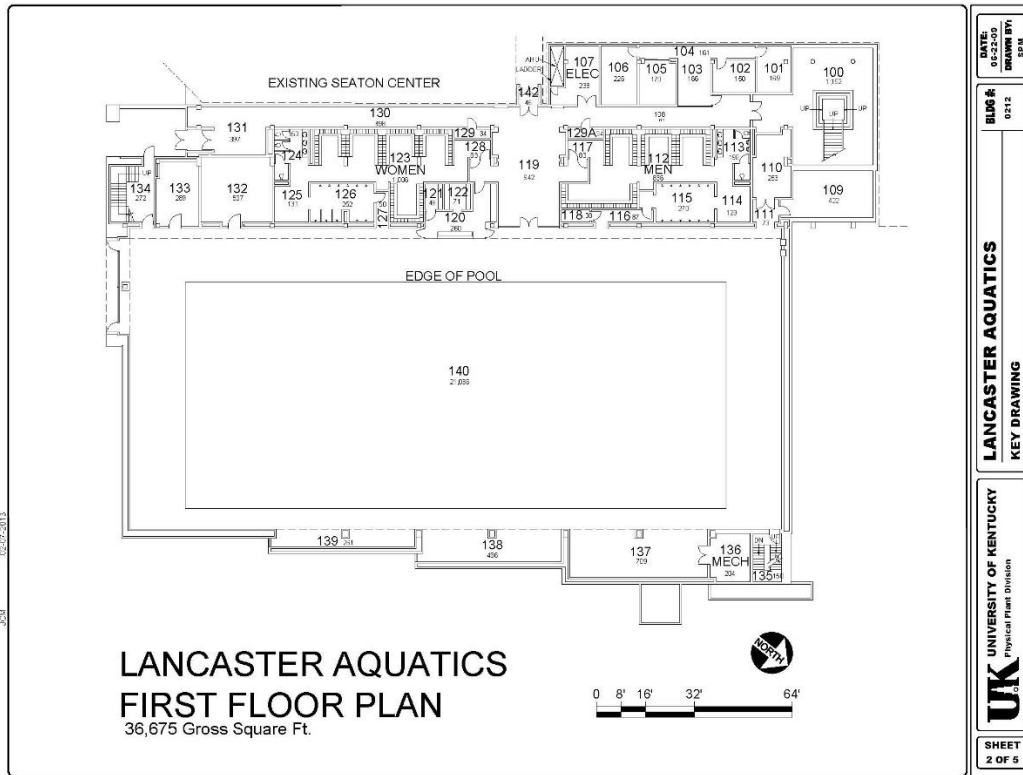
Take exit 113 (marked Paris/Lexington), turn right off the exit ramp onto N. Broadway (U.S. 68), and continue through downtown for approximately 6 miles. After Logan's Steakhouse take a left at the intersection onto Waller Ave. alongside St. Joseph Hospital. Pass over the railroad tracks and continue straight through the light at the intersection of Nicholasville Rd. to Cooper Drive. Kroger Field is located on the right-hand side.

### **Going North on I-75 from Knoxville**

Take exit 104 (marked Athens/ Lexington), turn left off of the ramp onto Athens Boonesboro Road. Take a left at the intersection of Richmond Rd. & Man O' War. Follow Man O' War to the intersection at Alumni Dr. and take a right. Follow Alumni Drive through the Tates Creek intersection. Kroger Field is located on the right-hand side.



## FACILITY DIAGRAM



## **TEAM PARKING / ENTRANCE**

### **Team Parking**

Team and fan parking information will be added at a later date.

### **Fan Parking**

## ***CHAMPIONSHIP SUBCOMMITTEE MEMBERS***

### ***Zone A – Representatives***

- Katie Hazelton – University of Pittsburgh
- Rich MacDonald – U.S. Naval Academy

### ***Zone B – Representatives***

- Beau Bunn – University of North Carolina Wilmington
- Rio Ramirez – University of Alabama

### ***Zone C – Representatives***

- Phil Hoffman – Illinois State University
- Ryan Rougeux – University of Louisville

### ***Zone D – Representatives***

- Darian Schmidt – Southern Methodist University
- Todd Waikel – University of Iowa

### ***Zone E – Representatives***

- Richard Marschner – University of Utah
- Taryn Patrick – California State University, Fresno

## ***CREDENTIALS***

Lanyard credentials will be issued to all coaches, athletic trainers and other staff listed in the official travel party. Credentials will gain staff and student-athletes access to areas closed to spectators, such as the pool deck. **Credentials must always be worn while on-site.**

Please fill out the Team Travel Party Form (Page 24) to ensure we have the proper number of credentials made for your staff upon arrival.

## ***COACHES MEETING***

A mandatory coaches' meeting will be held **Wednesday, March 11 at 6 p.m.** in the Team Room at Lancaster Aquatic Center. Each coach will receive their championships packet containing credentials and updated information pertinent to the championships at this meeting. The judges' panel will be reviewed by the coaches in this meeting.

## *CONCESSIONS*

Concessions will be available at the Campus Recreation and Wellness Center during the championships.

Wednesday-Friday:	7 a.m. to 11 p.m.
Saturday:	8 a.m. to 11 p.m.

## *DRUG TESTING*

All student-athletes are subject to NCAA drug testing at all NCAA championships or in conjunction with all postseason certified events. The goal of the drug-testing program is to provide safe, fair and equitable competition as well as to protect the health and safety of all NCAA student-athletes participating in NCAA championships and postseason certified events. Additional information regarding the NCAA's championship drug-testing program is located at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).

## *EMERGENCY CONTACTS*

Emergency: 911  
UK Police Department: 859-257-8573  
Lexington Police Department: 859-258-3600  
Fayette County Sheriff's Department: 859-252-1771

## *HOSPITALITY*

Hospitality will be available to all student-athletes, coaches and team personnel.

### **Coaches / Championship Staff**

Classroom 132, next to the women's locker room. Snacks and drinks will be provided all day. A lunch and dinner will be provided each day of competition.

### **Student-Athletes**

Snacks and drinks will be provided throughout the competition and **kept on the pool deck**.

*\*\*The hospitality area will require credentials to access.*

## *LOCKERS*

Locker rooms are located on the pool deck. The women's locker room is room 127 and the men's is room 118. The entrance will be available through the leisure pool area or from the main lobby hallway. Participating teams will not have assigned lockers. Coaches will have assigned wristband access.



All participants will be responsible for their personal items. Team bags can be placed on or under team bleachers on the pool deck. The host site is not responsible for lost or stolen items.

## ***MEDIA INFORMATION***

### **Event Results**

Live results will be available at <https://secure.meetcontrol.com/divemeets/system/index.php#> and [www.divemeets.com](http://www.divemeets.com). Any SIDs in attendance will also be provided with results. Results will be placed on the scorer's table.

### **Credentials**

All media members and SIDs interested in covering the championships should submit requests to Camiran Moore. Camiran Moore and Sarah Rainwater will individually work with each media personnel to distribute media credentials.

### **General Information**

- Wireless Internet access will be available only by requesting an account. Cami Moore can create accounts.
- There will be no designated interview area. Please contact Cami Moore to make any interview requests.

## ***MEDICAL INFORMATION***

Dear Visiting Athletic Trainers:

Congratulations on your selection to the 2020 Zone C Dive Championships! On behalf of the University of Kentucky athletics department, I would like to welcome you to Lexington, Kentucky. The athletic training staff hopes to make your trip as enjoyable and accommodating as possible. As you prepare to travel to Lexington, I want to provide you with some information about our athletic training services.

A member of our sports medicine team will be on site for every practice throughout the weekend. For practice sessions, a physician will be on call and available should the situation present itself. A certified athletic trainer and team physician will be present during each session of competition. Additionally, students will be available throughout the weekend to assist should you need anything specific. There will be an athletic training room available at the Lancaster Aquatic Center for use by visiting teams that contains an electrical stimulation/ultrasound unit, a hydrocollator, ice machine. The athletic training room will be open and available for use at least one hour before all practices and two hours prior to all competitions. The athletic training room in Nutter Training Facility will also be available for use but all visiting teams – the facility is near the Lancaster Aquatic Center and contains additional treatment modalities including hot/cold whirlpools.

An OSHA kit and emergency supplies; including an AED, vacuum splints, crutches, and an ice chest, will be provided and accessible in the athletic training room on the pool deck. Water and cups will also be available on the pool deck.

If your team or individual is not traveling with a certified athletic trainer and an athlete requires assistance, please call ahead or send written instructions with the athlete.

Attached you will find a list of contact information that may be helpful during your visit. If you need to make special arrangements or have any further questions, please do not hesitate to email or call me. We look forward to seeing you and hope you enjoy your stay in Lexington!

Sincerely,

C. Thomas Kidd, Jr. MAT, LAT, ATC

Host Athletic Trainer

(c) 606-231-2511

[c.thomaskidd@uky.edu](mailto:c.thomaskidd@uky.edu)



## UNIVERSITY OF KENTUCKY ATHLETIC TRAINING PHONE LIST

### Sports Medicine Staff:

Thomas Kidd, MAT, ATC	Cell	606-231-2511
Host Athletic Trainer	Office	859-257-7349
Bri Papotto, MS, ATC		
Assistant Athletic Trainer, Swimming and Diving	Office	859-218-6662

### Nutter Training Facility Athletic Training Room:

Athletic Training Room (Phone)		859-218-6662
Athletic Training Room (Fax)		859-257-8953
Chandler Hospital (UK)	Main Number	859-323-5000
	Emergency	859-323-5901
	Pharmacy (24 hrs.)	859-218-3340
Good Samaritan Hospital	Main Number	859-226-7000
	Emergency	859-226-7070
Kroger Pharmacy	704 Euclid Avenue	859-687-3270
Campus Police		859-257-8573

## **PROCEDURE FOR EMERGENCY CARE OF ATHLETE**

### **LANCASTER AQUATIC CENTER**

The following procedure must be followed in the event of an emergency situation or significant injury

#### **Emergency Situation**

An emergency situation is one in which the athlete will need immediate advanced medical care.

<b>Examples:</b>	Cessation of breathing	Serious fracture
	Cessation of circulation	Serious back or neck injury
	Excessive bleeding	Serious head injury
		Heat stroke

The above situations are rare, but do occur. It is important for the health of the athlete that you take the proper steps.

#### **Procedure**

1. Assist the athletic training staff member and follow their directions.
2. If an athletic training staff member is not present:
  - a. Perform C. P. R. or first aid; and
  - b. **Have someone call 911; give the following information:**
    - (1) **Identify yourself;**
    - (2) **General information about the injury;**
    - (3) **Where you are: "Lancaster Aquatic Center" on UK Campus located at the corner of Complex Drive and University Drive;**
    - (4) **Exact location of injured athlete;**
    - (5) **Be the last one to hang up; answer all questions; and**
    - (6) **Have someone meet EMS at the corner of Complex and University Drive. Direct EMS to injured athlete.**
3. Return to injured athlete; notify athletic trainer (if present) emergency call was made; assist with care if necessary.
4. Contact staff athletic trainer immediately.
5. Document information regarding the situation (be specific). Give information to staff athletic trainer.

#### **Injury which will require medical attention, but is not urgent.**

<b>Examples:</b>	Lacerations which require suturing
	Possible fractures
	Significant sprain or strain
	Sickness

The above situations are common and not a threat to life.

#### **Procedure**

1. Assist the athletic training staff member and follow their directions.
2. If an athletic training staff member is not present:
  - a. Perform first aid;
  - b. Contact athletic training staff member for instructions;
  - c. If staff member cannot be contacted, take to a local emergency room; and
  - d. Contact a staff athletic trainer as soon as possible.

## ***MERCHANDISE***

Event1 is the official merchandiser for NCAA championships. Merchandise will be available at Lancaster Aquatic Center starting 60 minutes prior to the start of the day's events. It will remain open throughout competition.

## ***PROTEST PROCEDURE***

- At the coaches meeting, a meet committee must be designated who will hear and decide all protests.
- The diving sub-committee members for each region are automatically on the meet committee; the additional members must be nominated or can volunteer to be part of the meet committee; however, there should be no more than five total meet committee members. If there are more nominations or volunteers than necessary, names will be drawn out of a hat. The meet committee shall have fair representation (i.e., two coaches from the same conference should not be allowed if there are more than five conferences in the zone, etc.).
- If a protest should occur, the protesting coach should find a member of the meet committee to turn in the protest form.
- Protests must be received within 30 minutes of the final diving results of that particular event. (See the protest form at the back of this manual.)
- A member of the meet committee must call Liz Homrig (317-966-0035) or Carol A. Reep (317-966-6520) to communicate what the protest entails.
- The meet committee will review and vote on the protest; if a protesting coach is involved with the meet committee, they should remove themselves from discussion and voting. (Determine if there should be an alternate selected for the meet committee in case this situation occurred so there would always be five total members and eliminate opportunity for a tie vote?)
- The meet committee will communicate back to the protesting coach what action they agreed upon. All protests are final once action has been taken.

## ***UNIFORMS***

Regulations regarding uniforms for divers are detailed in Rule 3 of the 2019-20 and 2020-21 NCAA Swimming and Diving Rules Book. **If a student-athlete competes in an illegal swimsuit, that student-athlete shall be disqualified from that event.**

## *VIDEOTAPING*

Videotaping for personal use is permitted if it does not interfere with spectators or media. Each participating team is permitted to have one person tape competition with a single camera for institutional purposes only. Flash photography is prohibited inside Lancaster Aquatic Center.

## *AREA INFORMATION*

Information regarding area attractions, lodging and dining options is located online at [www.visitlex.com](http://www.visitlex.com).

## *TRANSPORTATION*

### **Blue Grass Airport..... (859) 425-3114**

Airlines Serving the Airport

Allegiant Air ..... (702) 505-8888

American Airlines ..... (800) 433-7300

Delta Air Lines ..... (800) 221-1212

United Airlines..... (800) 864-8331

### **Rental Cars**

Alamo Rent-A-Car ..... (800) 462-5266

Avis Rent-A-Car..... (800) 230-4898

Budget Car & Truck Rental ..... (800) 527-0700

Enterprise Rent-A-Car ..... (800) 261-7331

Hertz Rent-A-Car..... (800) 654-3131

National Car Rental ..... (800) 227-7368

### **Travel Services**

Avant Travel ..... (859) 233-0000

The Travel Authority ..... (859) 277-8068

### **Bus Charters**

Bluegrass Tours..... (859) 233-2152

Free Enterprise..... (800) 448-5728

Gold Shield ..... (859) 255-6388

Shockey Tours & Charters ..... (800) 633-4147

Wombles Charters ..... (859) 887-4611

### **Taxi Service**

Yellow Cab Co. (24 Hour Service) ..... (859) 231-8294

Gold Shield Transportation..... (859) 255-6388

## *TEAM TRAVEL PARTY FORM (Page 1 of 2)*

Institution: \_\_\_\_\_

Contact Prior to Arrival:

Name/Title: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Approx. Practice Time Tuesday: \_\_\_\_\_

Transportation and Accommodations:

Arrival Date: \_\_\_\_\_ Time: \_\_\_\_\_

Hotel: \_\_\_\_\_

Ground Transportation (on-site):

# Vans: \_\_\_\_\_

\*\* Limited number of reserved spaces available  
(one van/car permit will be provided)

Air Travel:

Airline: \_\_\_\_\_

Flight #: \_\_\_\_\_

Athletic Training:

Will your team bring a massage table?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

Coaches Meeting:

Number attending coaches meeting: \_\_\_\_\_

Official Travel Party:

Diving Coach: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Assistant Coach: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Administrator (if traveling): \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Media Relations: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Drug Testing: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Other (Please Specify): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Due Wednesday, March 11, 2020 by midnight to Sarah Rainwater**  
[Sarah.Rainwater@uky.edu](mailto:Sarah.Rainwater@uky.edu)

## ***TEAM TRAVEL PARTY FORM (Page 2 of 2)***

Institution: \_\_\_\_\_

Student-Athletes:

- |           |           |
|-----------|-----------|
| 1. _____  | 11. _____ |
| 2. _____  | 12. _____ |
| 3. _____  | 13. _____ |
| 4. _____  | 15. _____ |
| 5. _____  | 16. _____ |
| 6. _____  | 17. _____ |
| 7. _____  | 18. _____ |
| 8. _____  | 19. _____ |
| 9. _____  | 20. _____ |
| 10. _____ |           |

**Due Wednesday, March 11, 2020 by midnight to Sarah Rainwater**  
[Sarah.Rainwater@uky.edu](mailto:Sarah.Rainwater@uky.edu)





## NCAA DIVING PROTEST FORM

This protest form must be complete in full and submitted to the meet committee not later than 30 minutes after the final diving results of which the protest is applicable. Protests must be acted upon by the appropriate meet committee. The decision of this committee is final. Any protest before, during or immediately after an event should be resolved at the earliest opportunity, but not later than immediately following the current session.

Institution:

Coach Name:

Coach Cell Phone Number:

Student-Athlete Name:

Event:

Current Date:

Current Time:

Applicable Rule:

Situation Being Appealed:

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Justification for Appeal:

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Committee Decision – Approved: \_\_\_\_\_ Denied: \_\_\_\_\_

Appeal Meet Committee Signature: \_\_\_\_\_

Date: \_\_\_\_\_