



2021 DIVISION I
**ZONE DIVING
CHAMPIONSHIPS**

***PARTICIPANT
2020-21 MANUAL***

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CHAMPIONSHIPS PERSONNEL

<u>NCAA Representative</u>	<u>Office Phone</u>	<u>Cell Phone</u>	<u>E-Mail</u>
Michelle Perry, Championships		317-460-4680	mperry@ncaa.org
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<u>Sport Administrators</u>			
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<u>Championship Staff</u>			
Yahya Radman, Co-Event Director	919-513-7833		yaradman@ncsu.edu
Kate McIntosh, Co-Event Director	336-315-8490	Katherine.McIntosh@greensboronc.gov	
Susan Braman, GAC Facility Manager	336-315-8489	Susan.Braman@greensboro-nc.gov	
<u>Coaching Staff</u>			
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<u>Athletic Training</u>			
North Carolina State University			

SCHEDULE OF EVENTS

(All times are local unless otherwise stated)

Sunday, Feb. 28

12 p.m. Eastern NCAA online zone diving entry form and DiveMeets entries due

Monday, March 1

5 p.m. Eastern Selected divers announced on ncaa.org and DiveMeets.

Timeline for Zone Championship - Zone B (start Friday, March 5)

Friday, March 5

Six-hour training window
Three two-hour blocks
12-6p.m.

Saturday, March 6

Twelve-hour training window
Six hour-and-a-half blocks
8-9:30 a.m./9:30-11 a.m./11 a.m.-12:30p.m./12:30-2 p.m./2-3:30 p.m./3:30-5 p.m.

Sunday, March 7

Women's 1M/Men's 3M (events simultaneous)
W1M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)
1M Prelim – 10:30 a.m.-12:15 p.m.
1M Final – 12:30-1:30 p.m.
M3M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)
3M Prelim – 10:30-11:45 a.m.
3M Final – 12-1 p.m.
Three one-hour blocks—2-3 p.m./3-4 p.m./4-5 p.m.

Monday, March 8

Women's 3M/Men's PL (events simultaneous)
W3M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)
3M Prelim – 10:30 a.m.-12:15 p.m.
3M Final – 12:30-13:0 p.m.
MPL – Three 45-minute groups (8-8:45 a.m./8:45-9:30 p.m./9:30-10:15 a.m.)
PL Prelim – 10:30-11:45 a.m.
PL Final – 12-1 p.m.
Three one-hour blocks – 2-3 p.m./3-4 p.m./4-5 p.m.

Tuesday, March 9

Women's PL/Men's 1M (events simultaneous)
WPL – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)
PL Prelim – 10:30-11:45 a.m.
PL Final – 11:45 a.m.-12:45 p.m.
M1M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

1M Prelim – 10:30-11:45 a.m.

1M Final – 12-1 p.m.

--Immediately clear facility; Second zone training begins this day--

Timeline for Zone Championship - Zone A (start Tuesday, March 9)

Tuesday, March 9

Six-hour training window

Three two-hour training blocks

2-8 p.m.

Wednesday, March 10

Twelve-hour training window

Six hour-and-a-half blocks

8-9:30 a.m./9:30-11 a.m./11 a.m.-12:30 p.m./12:30-2 p.m./2-3:30 p.m./3:30-5 p.m.)

Thursday, March 11

Women's 1M/Men's 3M (events simultaneous)

W1M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

1M Prelim – 10:30 a.m.-12:15

1M Final – 12:30-1:30 p.m.

M3M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

3M Prelim – 10:30-11:45 a.m.

3M Final – 12-1 p.m.

Three one-hour blocks—2-3 p.m./3-4 p.m./4-5 p.m.

Friday, March 12

Women's 3M/Men's PL (events simultaneous)

W3M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

3M Prelim – 10:30 a.m.-12:15 p.m.

3M Final – 12:30-1:30 p.m.

MPL – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

PL Prelim – 10:30-11:45 a.m.

PL Final – 12-1 p.m.

Three one-hour blocks – 2-3 p.m./3-4 p.m./4-5 p.m.

Saturday, March 13

Women's PL/Men's 1M (events simultaneous)

WPL – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

PL Prelim – 10:30-11:45 a.m.

PL Final – 11:45-12:45P.M.

M1M – Three 45-minute groups (8-8:45 a.m./8:45-9:30 a.m./9:30-10:15 a.m.)

1M Prelim – 10:30-11:45

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 be selected to the meet based on the new selection process for 2021. For more information on this process please review the diving qualification memo on ncaa.org.
- [DiveMeets](#) will be used at each of the zone diving meets and divers must register online for their respective zone meet in order to be eligible for selection.
- All coaches wishing to enter a diver for consideration for selection to their respective zone diving meet must submit the zone diving entry form by 12 p.m. Eastern time, Sunday, Feb. 28. 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 contested or completed 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 2021

<u>Women</u>	1m	3m	PI	<u>Men</u>	1m	3m	PI
Zone A	5	6	5	Zone A	6	5	4
Zone B	7	7	8	Zone B	10	8	8
Zone C	7	6	10	Zone C	7	7	10
Zone D	10	13	9	Zone D	9	9	8
Zone E	12	9	9	Zone E	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 2019-20 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 14, the list of selected divers will be posted on 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 Greensboro Aquatic Center is a state-of-the-art multi-use facility that services all aquatic sports. A separate diving well holds two one-meter springboards, two three-meter springboards and one each of 5, 7.5 and 10 meter platforms. The GAC has hosted numerous elite level diving championships, including NCAA and USA Diving sanctioned events. The GAC runs a Colorado System Gen 7 system while being able to operate multiple judges' terminals. Multiple judges' risers can be set around the 17 foot diving well.

There will not be stretching mats. Provided at this event. You may bring a yoga mat.

There will not be a hot tub or Spa for this event

DIRECTIONS TO FACILITY

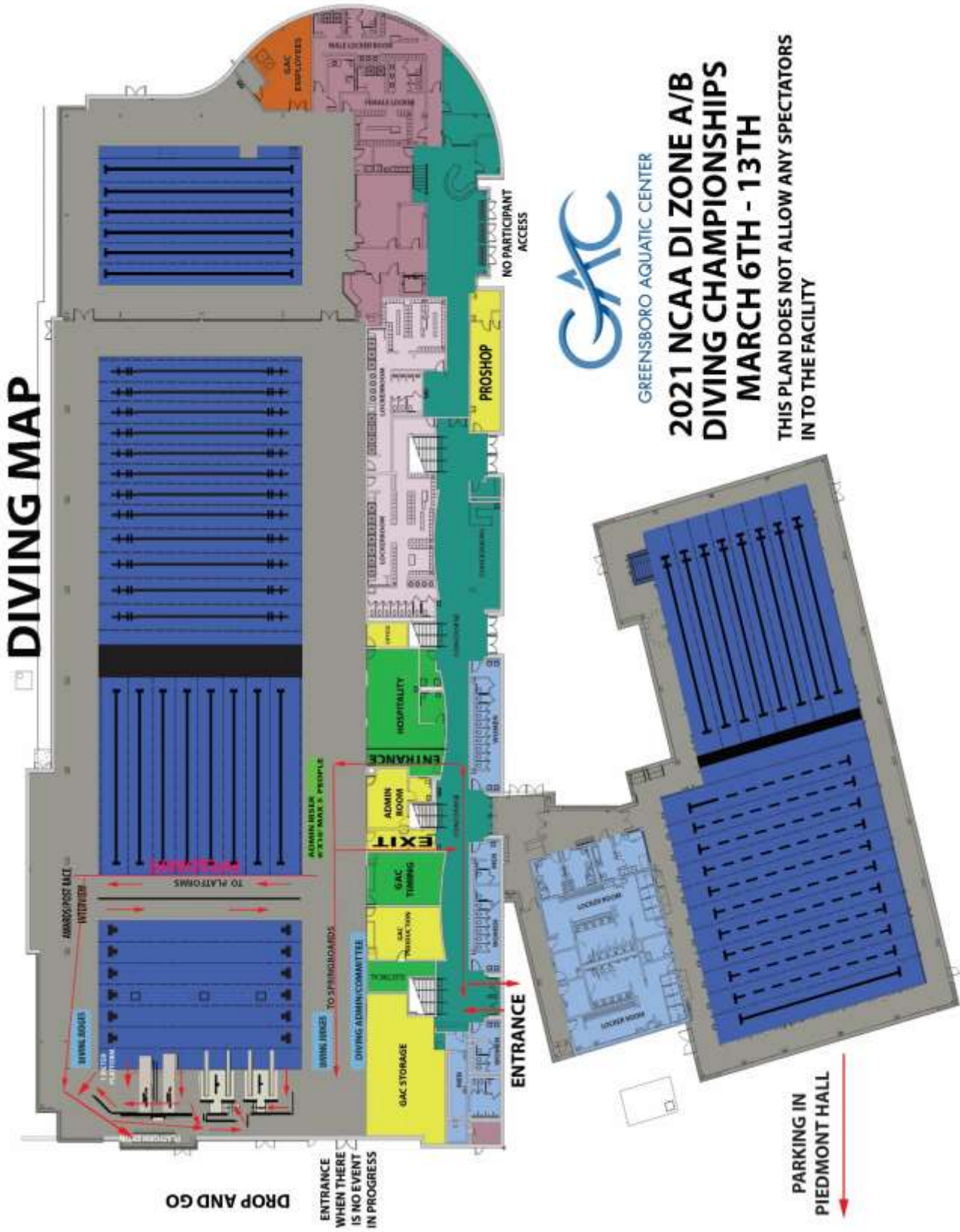
From Airport to Aquatic Center

Exit Airport area and go 1 mile. Take a right onto Bryan Boulevard East. Take the I-40/Winston-Salem exit and travel 3.2 miles. Take exit 1.

(I-40 East towards Greensboro).

Exit right at Greensboro Coliseum Area/ Patterson St. and go 2.6 miles.

DECK MAP



DIVING MAP



GREENSBORO AQUATIC CENTER

**2021 NCAA DI ZONE A/B
DIVING CHAMPIONSHIPS
MARCH 6TH - 13TH**

**THIS PLAN DOES NOT ALLOW ANY SPECTATORS
IN TO THE FACILITY**

TEAM PARKING / ENTRANCE

Team Parking

Teams will be given hang tags upon registering. Drop and Go is located at multiple spots around the Aquatic Center – see map below. Parking attendants will direct vans/buses on where to park for the day. There will be no charge for this championship.

**2021 NCAA DI ZONE A/B
DIVING CHAMPIONSHIPS
MARCH 6TH - 13TH
Adjacent Special Events Center (SEC)**



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
- Jesse Lyman – University of Alabama

Zone C – Representatives

- Susan Bromberg – University of Illinois at Chicago
- Ryan Rougeux – University of Louisville

Zone D – Representatives

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

Zone E – Representatives

- Aaron D’Addario – University of Denver
- Richard Marschner – University of Utah

CREDENTIALS

Credentials will be issued to all student athletes and coaches and other staff listed in the official travel party. Credentials will gain staff and student-athletes access to the facility and pool deck. **Credentials must be worn at all times while on-site.**

Please fill out the Team Travel Party Form (Page 23) to ensure we have the proper number of credentials made for your staff upon arrival.

COACHES MEETING

Mandatory coaches meeting will be held virtually on the following dates:

Zone B

Saturday, March 6 at Noon

Zone A

Wednesday, March 10 at Noon

CONCESSIONS

Concessions will not be available at this championship. The Aquatic Center has multiple vending machines.

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.

EMERGENCY CONTACTS

Emergency: 911

Greensboro Coliseum Complex Security: 336-373-7447

Greensboro Police Department: 336-373-2222

HOSPITALITY

Coaches/Championship Staff

Light grab 'n go snacks, drinks and coffee will be available for coaches in the hospitality room.

Student-Athletes

There will be no hospitality provided for student athletes. Student Athletes may bring food and beverage that fits in their back pack. No glass permitted.

LOCKERS

Student-athletes will have access to the competition pool locker rooms between the hours of 9:30 a.m.-3:30 p.m. Monday – Friday and all day Saturday and Sunday.

Lockers and showers may NOT be used. There will be (reserved for student athlete) restrooms in the main concourse/corridor.

There will be a limit on the number of athletes in a given locker room at any given time.

Coaches and other staff have a restroom in the hospitality room and the classroom next door marked admin.

MEDIA INFORMATION

Event Results

Live results will be available at and www.divemeets.com. Any SIDs in attendance will also be provided with results. Results will be placed in the media work room.

Credentials

All media members and SIDs interested in covering the championships should submit requests to David Hoover at the Greensboro Aquatic Center – David.Hoover@greensboro-nc.gov.

General Information

- The media work area will be located GAC upper lobby.
- Wireless Internet access will be available.
- There will be no designated interview area.

MEDICAL INFORMATION

Ambulance and EMTs will be on-site for the entirety of practice and competition. Certified athletic trainers will be provided by multiple universities and will be located on the pool deck in a curtained area. A training table, ice and first aid supplies will be provided. At least one certified athletic trainer will be present during all practice and competition times.

Host Emergency Medical Plan

Emergency Action Plan Protocol/ EMS Injury Management Protocol

In the event of an emergency, the Greensboro Aquatic Center Supervisors/Manager are in charge of the scene. The determination resides with the GAC staff in charge at the time of the incident whether an EMS needs to be called. This determination is not made at the discretion of a parent, coach or guardian.

Patron emergency in the pool (water emergency):

1. Aquatic Center Lifeguard Staff provides initial care while in water.
2. Aquatic Center Lifeguard Staff and Manager on Duty will handle care of patron once patron is removed from water.
3. If associated with a team practice a coach may be asked to assist with contacting the swimmer's parent/guardian. ***All head injuries require concussion protocols; the coach must be advised along with meet director.
4. In the event that the injury is a medical emergency, EMS will be activated accordingly by (only) GAC MOD/Supervisor. The following information should be provided to the 911 dispatcher in the event of a medical emergency:

- a. My name is (GAC-Manager/Supervisors name).
 - b. I need paramedics at: **Greensboro Aquatic Center.**
 - c. Suspected injury and present condition of athlete.
 - d. My exact address is 1921 West Gate City Blvd. Greensboro NC, 27403
 - e. An MOD will notify or direct an aquatic staff to notify both Coliseum Security and Parking departments to assist the ambulance toward the nearest (Entrance/Exit Doors) in the corridor of the building and direct the ambulance into the pool doors. The emergency exit doors may be used by EMS to access the building. EMS will be directed accordingly by aquatic center staff.
5. If it is deemed that a patron under 18 needs to be transported by ambulance, a coach or parent must escort the athlete in the ambulance.
 6. If the injury is not a medical emergency, the MOD will determine whether the patron can return to activity.

Patron out of the pool (land emergency):

1. Spectator in the stands will contact nearest GAC Staff for assistance.
2. Aquatic Center Staff will provide first-aid to any spectator.

Miscellaneous Information

- GAC lifeguarding staff will have on-site AED, in-water spine boards, and a first aid kit readily available.

Fire, Tornado and Bomb Threat

In the event of a fire alarm, tornado warning or a bomb threat the GAC manager on Duty is in charge. The GAC staff and MOD will clear all pools and direct all patrons to designated safety locations.

Fire/ Bomb Threat: (a) White Oak Amphitheatre (b) Stamey's parking lot across the street.

Tornado: Locker rooms

The MOD will notify patrons when an all clear is given and patrons can return to activity.

Inclement weather:

The GAC has established a phone tree to notify staff and members/user groups/participants of any closures or delays due to inclement weather. **The Competitive Coordinator** will contact coaches in the event of a closure or a delay due to weather. **The Operations Coordinator** will contact members and program participant in the event of a closure or a delay due to weather.

COVID Emergency Management Protocol

COVID SPECTATOR PROCEDURES

1. During health screening upon arrival, if spectator shows a temp or fails to pass the health screening, they will be asked to leave and contact their doctor or seek medical help. HK and MOD should be radioed to ensure area is disinfected as needed. MOD may close entrance etc. for cleaning as needed.
2. Upon arrival of first aid incident/sudden illness inside the building (Spectators area) - GAC staff will check temperature first, followed by a primary and secondary assessment. If temperature/Covid-related symptoms are found, and spectator is safe to move, spectator will be moved to the isolation areas below. If spectator is unable to be moved- staff will create isolation area around the spectator. If temp above 100.4, contact somebody for immediate pick up. Reentry will be denied.
3. HK should be radioed and arrive at all emergencies with disinfectant.
4. Spectator will be asked to wear a face shield when being transported/treated when/if possible.
5. Reentry and access to the meet will be determined by symptoms and the MOD.

DESIGNATED ISOLATION AREAS

- a. Isolation area 1 (triage tent area on back patio at entrance 4)
- b. Isolation area 2 (family restroom at end of front hallway)

COVID EVENT/MEET PARTICIPANT PROCEDURES

1. Upon arrival of first aid incident/sudden illness - GAC staff will check temperature first, followed by a primary and secondary assessment. If temperature/Covid-related symptoms are found, and participant is safe to move, they will be moved to the isolation areas below. If unable to be moved, staff will create an isolation area around the patron. If temp above 100.4, contact coach to reach parent for immediate pick up. No more meet (or practice). If no Covid-related symptoms found, the participant may be treated on deck or at the general first aid room.
2. HK should be radioed and arrive at all emergencies with disinfectant.
3. Participant will be asked to wear a face shield when being transported/treated when/if possible.
4. Reentry and access to the meet will be determined by symptoms and the MOD.

DESIGNATED ISOLATION AREAS

- Isolation area 1 (storage room triage area)

MERCHANDISE

Event1 is the official merchandiser for NCAA championships. Merchandise will be available for purchase at the following link: <https://www.event1teamstore.com>. There will be no merchandise available for sale on-site.

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 Michelle Perry (317-460-4680) or John Bugner (317-522-7220) 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.

AREA INFORMATION

Information regarding area attractions, lodging and dining options is located online at the Greensboro Convention and Visitors Bureau website - <https://www.visitgreensboronc.com/> or by calling 336-274-2282.

Get to know GSO



Greensboro Children's Museum

Bring The Family

Greensboro Science Center
Get ready to go wild at the Greensboro Science Center! As the only facility in North Carolina to feature an accredited aquarium, museum, and zoo all in one destination, GSC prides itself on hands-on educational and entertaining experiences. 4301 Lawndale Dr.
336-288-3769. greensboroscience.org

SkyWild

It's an animal-inspired treetop adventure park located above the Greensboro Science Center's zoo! Featuring 60 challenges and three levels of intensity, this exciting adventure is appropriate for thrill-seekers, nature-lovers, and outdoor enthusiasts ages 8 and up. 4301 Lawndale Drive. 336-288-3769 x1402. skywild.org

Round1 Entertainment

Entertainment for all ages with bowling, arcade, karaoke, and more. Four Seasons Town Center. 336-645-5887. round1usa.com

Greensboro Children's Museum

Designed to inspire hands-on learning through play, GCM offers a fun, energetic and safe environment for all ages. Located in downtown Greensboro, children (and parents too!) can interact with more than 20 exhibits including the 30-foot-tall Neptune XXL climbers. 220 N. Church St. gcmuseum.com

Spare Time

Family Atmosphere offering Laser Tag, Bowling, Arcade, and more. 5502 Hornaday Rd. 336-292-5100 sparetimeentertainment.com



Greensboro Science Center



Crafted: Art of the Taco

Grab A Plate

Crafted: The Art of Taco and Art of Street Food

Two restaurants featuring Street food, Tacos and burgers from award winning chef. eatatcrafted.com

Dames Chicken and Waffle

Easygoing spot offering classic waffle combinations, plus vegan, sweet potato & gingerbread options. dameschickenwaffles.com

Darryl's Wood Fired Grill

Family-friendly eatery/watering hole with a diverse American menu & extensive beer & wine lists. darrylwoodfiredgrill.com

Hops Burger Bar

Top-rated burger joint. Using certified Angus Beef and serving finest craft beer. hopsburgerbar.com

Natty Greene's Brew Pub

Pub with many craft beers on tap, including year-round & seasonal on-site brews, plus brewery tours. nattygreenes.com

Stamey's Barbeque

Family owned North Carolina barbeque joint, serving for generations. stameys.com

Shop Around

Replacements Ltd.

With more than eight football fields of dinnerware, collectibles and estate jewelry, pet-friendly 1089 Knox Rd., off I-40/I-85 exit 132 at Mt. Hope Church Rd. 336-697-3000 or 800-REPLACE (toll-free). www.replacements.com

Friendly Center and the shops at Friendly Center

Enjoy the convenience, variety and selection in a beautiful, outdoor shopping village. Friendly Ave. at Green Valley Rd. & Hobbs Rd. 336-292-2789. FriendlyCenter.com

Four Seasons

Four Seasons has something for everyone. 410 Four Seasons Town Centre, I-40 at W. Gate City Blvd. at exit 217. 336-292-0171. shopfourseasons.com



The Shops at Friendly Center



Guilford Courthouse National Military Park

Visit The Past

Greensboro History Museum

The museum shares local culture and the city's significant role in American history, from the Battle of Guilford Courthouse in 1781 to the 1960 Greensboro Sit-Ins, the unforgettable events of Sept. 11, 2001 and much more. Hands-on interactive and audiovisuals. Museum Shop. 130 Summit Ave. 336-373-2043. GreensboroHistory.org

International Civil Rights Museum and Center

Located in the former F.W. Woolworth retail store at 134 S. Elm St., this must-see vital piece of history takes you on a journey into American Civil Rights History with vivid photography, artifacts, video reenactments, and interactive galleries. 134 S. Elm St. 336-274-9199 sibinmovement.org

Blandwood Mansion

A National Historic Landmark, originally constructed in 1795 Blandwood later served as N.C. Governor John Motley Morehead's home. 1447 W. Washington St. 336-272-5003. preservationgreensboro.org

Guilford Courthouse National Military Park

Honoring the site of the March 15, 1781 Battle of Guilford Courthouse. Visitors can view informational outdoor exhibits and monuments. Indoor activities include a 30-minute live-action film (shown on the hour), an animated battle map program, and Revolutionary War museum exhibits. 2332 New Garden Rd. 336-288-1776. nps.gov/guvc



Stamey's Barbeque

greensboro
NORTH CAROLINA
Convention & Visitors Bureau

For a complete list visit www.visitgreensboronc.com #VisitGSO

TRANSPORTATION



air transportation



MILEAGE TO GREENSBORO

ASHEVILLE, NC	178	MEMPHIS, TN	657
ATLANTA, GA	325	MIAMI, FL	808
BALTIMORE, MD	326	MONTGOMERY, AL	496
BIRMINGHAM, AL	475	MONTREAL, CANADA	865
BOSTON, MA	724	NASHVILLE, TN	450
BUFFALO, NY	592	NEW YORK, NY	525
CHARLESTON, SC	258	NORFOLK, VA	245
CHARLESTON, WV	251	ORLANDO, FL	618
CHARLOTTE, NC	91	PHILADELPHIA, PA	462
CHICAGO, IL	711	PITTSBURGH, PA	452
CINCINNATI, OH	452	QUEBEC CITY, CANADA	1,139
CLEVELAND, OH	515	RALEIGH, NC	81
COLUMBIA, SC	179	RICHMOND, VA	202
COLUMBUS, OH	418	ROANOKE, VA	98
DETROIT, MI	610	SAVANNAH, GA	321
GREENVILLE, SC	185	TALLAHASSEE, FL	592
HIGH POINT, NC	17	TAMPA, FL	658
INDIANAPOLIS, IN	556	TORONTO, CANADA	689
JACKSONVILLE, FL	478	WASHINGTON, DC	300
KNOXVILLE, TN	275	WINSTON-SALEM, NC	27
LOUISVILLE, KY	470		

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- Service by five major airlines and commuter airlines
- Non-stop flights to nation's major cities and hubs
- 15 minutes away from Downtown
- Easy to access off Hwy. 68 North from 1-40 West
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CARRIERS

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AMERICAN AIRLINES/AMERICAN EAGLE

800-433-7300 • www.aa.com

DELTA AIRLINES

800-221-1212 • www.delta.com

UNITED

800-241-6522 • www.united.com

SPIRIT AIRLINES

801-401-2222 • www.spirit.com

GENERAL AVIATION

SIGNATURE TECHNO

800-334-2001 • 336-668-0411

www.signatureflight.com/locations/gso

SIGNATURE FLIGHT SUPPORT

336-668-0481 • 800-492-9977

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ground transportation

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AVIS

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BUDGET

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ENTERPRISE

336-662-0188 • 800-736-8222

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NATIONAL

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www.rideheat.com

PART

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www.partnc.org



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LACY & SONS INC.

336-292-1390

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www.conciergeofgreensboro.com

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www.prompttransportation.com

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LYFT

www.lyft.com

TEAM TRAVEL PARTY FORM (Page 1 of 2)

Institution: _____

Contact Prior to Arrival:

Name/Title: _____

Office Phone: _____

Cell Phone: _____

Approx. Practice Date/Time: _____

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 Tuesday, March 2, by midnight to Yahya Radman at yaradman@ncsu.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 Tuesday, March 2, by midnight to Yahya Radman at yaradman@ncsu.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:

Justification for Appeal:

Committee Decision – Approved: _____ Denied: _____

Appeal Meet Committee Signature: _____

Date: _____