



2021 DIVISION I
**ZONE DIVING
CHAMPIONSHIPS**

***PARTICIPANT
2020-21 MANUAL***

TABLE OF CONTENTS

Contents

CHAMPIONSHIPS PERSONNEL	4
Zone C DIVING COACHES	5
Zone D DIVING COACHES	6
ENTRY INFORMATION	9
SCORING	9
RESULTS	10
FACILITY INFORMATION	12
DIRECTIONS TO FACILITY.....	12
FACILITY DIAGRAMS	14
TEAM PARKING/ENTRANCE/PARKING MAP	16
CHAMPIONSHIP SUBCOMMITTEE MEMBERS	17
CREDENTIALS	17
COACHES MEETING	17
CONCESSIONS	17
DRUG TESTING	18
EMERGENCY CONTACTS	18
HOSPITALITY	18
LOCKERS	18
MEDIA INFORMATION	18
MEDICAL INFORMATION	19
MERCHANDISE	22
PROTEST PROCEDURE	22
UNIFORMS	22
VIDEOTAPING	23
AREA INFORMATION	23

FORMS TO SUBMIT

TEAM TRAVEL PARTY FORM	24
PROTEST FORM	26

WELCOME LETTER

It is our pleasure to welcome you to Lexington for the 2021 Zones C and D 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

<u>NCAA Representative</u>	<u>Office Phone</u>	<u>Cell Phone</u>	<u>E-Mail</u>
John Bugner, Associate Director of Championships Michelle Perry, Championships	317-917-6529	317-522-7220 317-460-4680	jbugner@ncaa.org mperry@ncaa.org
<u>Sport Administrators</u>			
Nathan Schwake, Team Liaison	859-257-5526	859-509-4214	nathan.schwake@uky.edu
<u>Championship Staff</u>			
Rodney Burton, Tournament Director	859-257-5411	859-983-6023	Rodney.Burton@uky.edu
Kate Ramsey, Director of Events	859-218-1775	502-294-0439	kate.ramsey@uky.edu
<u>Coaching Staff</u>			
Ted Hautau, Head Diving Coach	859-257-9164	859-285-7693	tnha222@uky.edu
<u>Facility Staff</u>			
Tish Hollingsworth-Gray, Facility Director	859-257-7947	859-351-2375	holling@uky.edu
<u>Diving Table Coordinator</u>			
Andrew Holt		859-327-4375	
<u>Athletic Communications</u>			
Cami Moore	859-257-3747	859-396-0368	camiran.moore@uky.edu
<u>Athletic Training</u>			
Evan Griskowitz, Zone Contact		302-540-6145	evan.g@uky.edu
Amy Barchek, UKAD ATC	859-257-6510	937-266-0779	amy.barcheck@uky.edu
<u>Sports Marketing</u>			
Ro Rhodes	859-257-8606	859 248-1543	roderia.rhodes@uky.edu

Zone C DIVING COACHES

<u>Name</u>	<u>School</u>	<u>E-mail</u>
Marc Cahalane	Akron	mcahalane@uakron.edu
Larry Albright	Oakland University	albrigh3@oakland.edu
Adam Soldati	Purdue University	asoldati@purdue.edu
Eric Best	Michigan State University	bester@ath.msu.edu
Susan Bromberg	Illinois at Chicago	bromberg@uic.edu
Drew Johansen	Indiana University, Bloomington	drjobans@indiana.edu
Eric Barnes	Indiana University-Purdue University at Indianapolis	ericbarn@iupui.edu
Emad Abdellatif	Western Illinois University	es-abdellatif@wiu.edu
Fengting Chen	Youngstown State University	fchen02@ysu.edu
Britni Fisher	Ohio University	fisherb1@ohio.edu
Gabriella Agostino	Toledo	gabriella.agostino@utoledo.edu
Jason Glorious	Miami University (Ohio)	gloriuj@miamioh.edu
Mike Hilde	Michigan	hildem@umich.edu
Jacob Brehmer	Ball State University	jacobdeanbrehmer@gmail.com
Kirtley Krombholz	Cincinnati	kirtley.krombholz@gmail.com
Kris Jorgensen	Northwestern University	kris.jorgensen@northwestern.edu
Logan Pearsoll	Illinois State University	ljpears@ilstu.edu
Buck Smith	Eastern Michigan University	lsmith@emich.edu
Mark Bradshaw	Notre Dame	mbradsha@nd.edu
Manny Pollard	Illinois, Champaign	mpoll16@illinois.edu
Rich Karban	Cleveland State University	r.karban@csuohio.edu
Ryan Rougeux	Louisville	ryanr@GoCards.com
Justin Sochor	The Ohio State University	sochor.7@osu.edu
Andy Brown	Evansville	ab239@evansville.edu
Ted Hautau	Kentucky	ted.hautau@uky.edu
Tricia Grant	Bowling Green State University	tgrant@bgsu.edu
Tori Magner	Indiana State University	tori.magner@indstate.edu
Joy Zhao	Southern Illinois University at Carbondale	zhaoc@siu.edu

Zone D DIVING COACHES

Anthony Crowder	Texas Christian University	a.crowder@tcu.edu
Bethany Hovland	Northern Iowa	bethany.hovland@uni.edu
Chris Pape	South Dakota	chris.pape@usd.edu
Doug Shaffer	Louisiana State University	djshaffer@lsu.edu
Dale Schultz	Arkansas, Fayetteville	drschult@uark.edu
Darian Schmidt	Southern Methodist University	dtschmidt@smu.edu
Elyse Brouillette	South Dakota State University	elyse.brouillette@sdsu.edu
Eric Sprague	Nebraska Omaha	esprague@omavs.com
Gabe Downey	Kansas	gdowney@ku.edu
Todd Hill	Wisconsin, Milwaukee	hillt@uwm.edu
James Huelskamp	Missouri State University	jameshuelskamp@missouristate.edu
Jay Lerew	Texas A&M University, College Station	jlere@athletics.tamu.edu
John Sirmon	Tulane University	sirmon@tulane.edu
Jeff Warrick	Iowa State University	jwarrick@iastate.edu
Kyle Bogner	Missouri, Columbia	kbogner@missouri.edu
Mark Murdock	North Texas	Mark.Murdock@unt.edu
Matt Scoggin	Texas at Austin	matt.scoggin@athletics.utexas.edu
Natasha Chikina	Nebraska, Lincoln	nchikina@huskers.com
Tommy Law	University of the Incarnate Word	raven5152@hotmail.com
Bob Gunter	Houston	rgunter@central.uh.edu
Mike Bailey	Arkansas at Little Rock	Rip4Ten@gmail.com
Tom Stover	Wisconsin-Green Bay	stovert@uwgb.edu
Todd Waikel	Iowa	todd-waikel@uiowa.edu
Wenbo Chen	Minnesota, Twin Cities	wchen@umn.edu
Zac Metcalf	Saint Louis University	zachary.metcalf@slu.edu

SCHEDULE OF EVENTS

(All times are local (EST) 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 C

Friday, March 5

Six-hour training window
Three two-hour blocks
12-6 p.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 – 12:30-1:30 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; Zone D training begins.

Timeline for Zone Championship - Zone D

Tuesday, March 9

Six-hour training window
Three two-hour 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 a.m.
1M Final – 12-1 p.m.

*** Events will run "straight through" with a 10-minute break between the end of preliminaries and the beginning of the finals. Divers in the finals are allowed to practice during the 10-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 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	Pl	<u>Men</u>	1m	3m	Pl
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 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 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

Locker Rooms

Locker rooms are available for changing and restrooms. Showers are not available.

Athletic Training Rooms

The athletic training room will be closed for use on competition days. Host athletic training staff will have a presence on the pool deck.

DIRECTIONS TO FACILITY

From Bluegrass Parkway

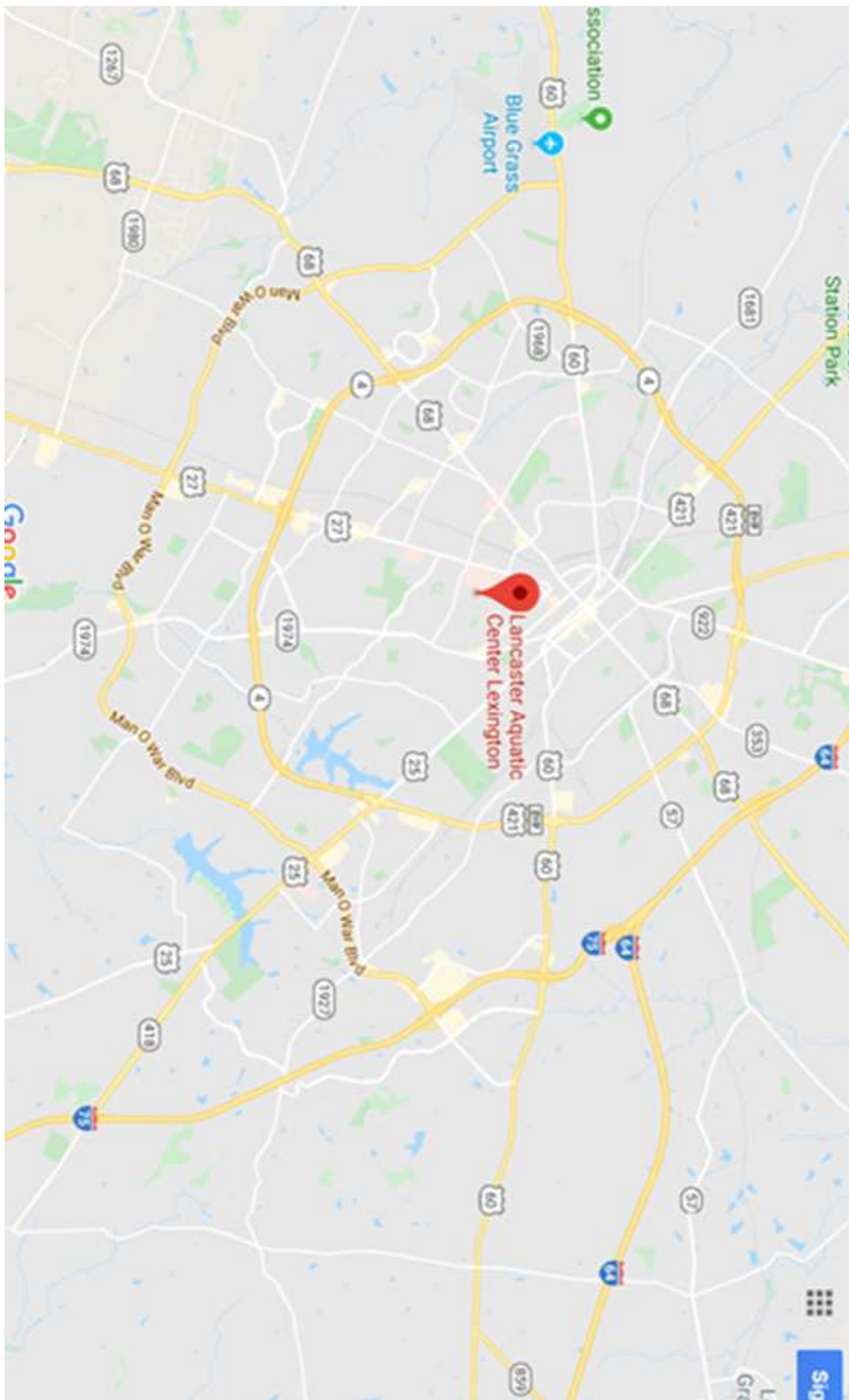
When the Parkway ends you exit right onto route 60 (Versailles Road), go approximately 10 miles and turn right on Mason Headley Road beside Cardinal Hill Hospital. Continue straight through the lights, you will pass a golf course and the Campbell House Inn. At the light continue straight through the 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.

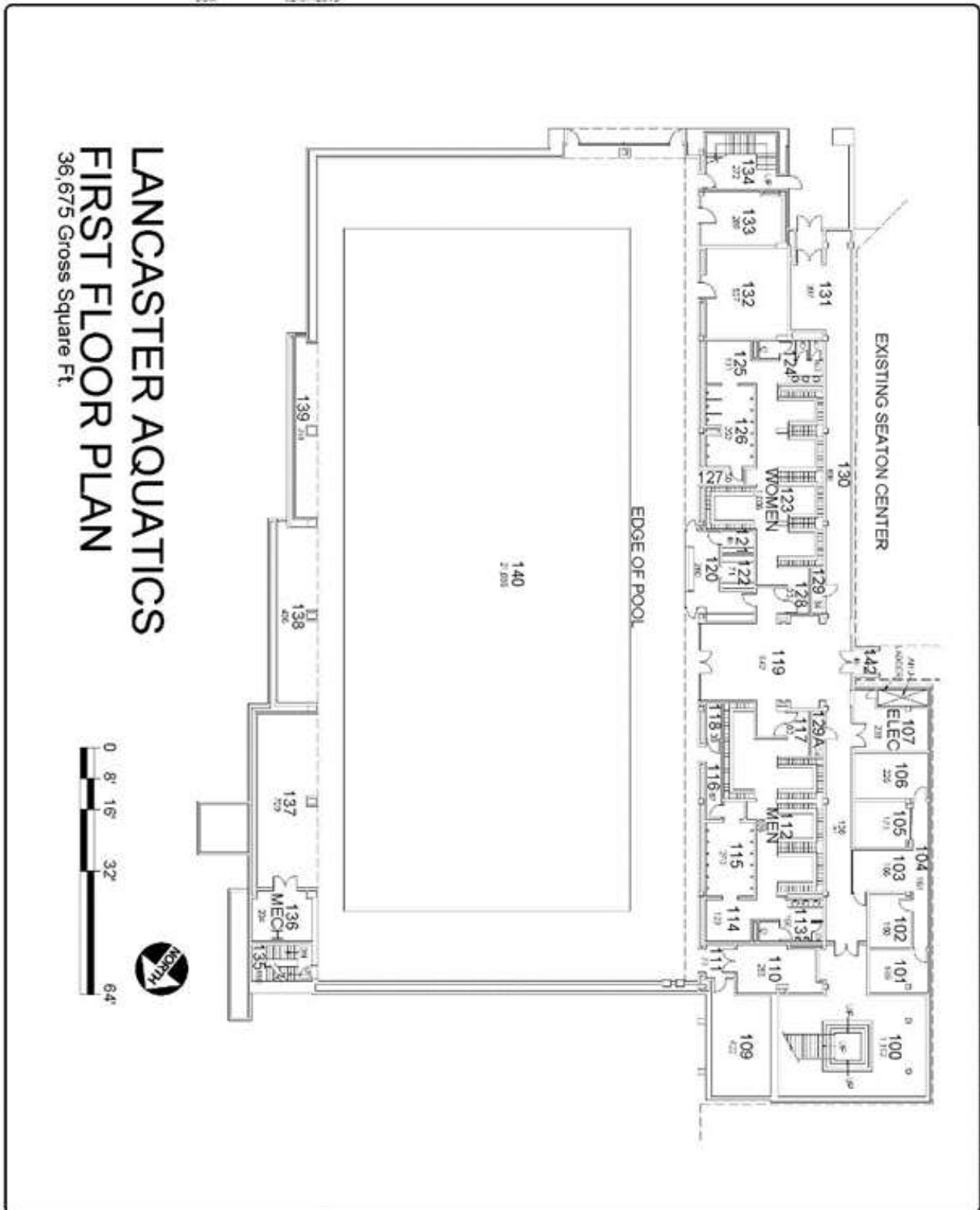
Going North on I-75 from Knoxville

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 DIAGRAMS

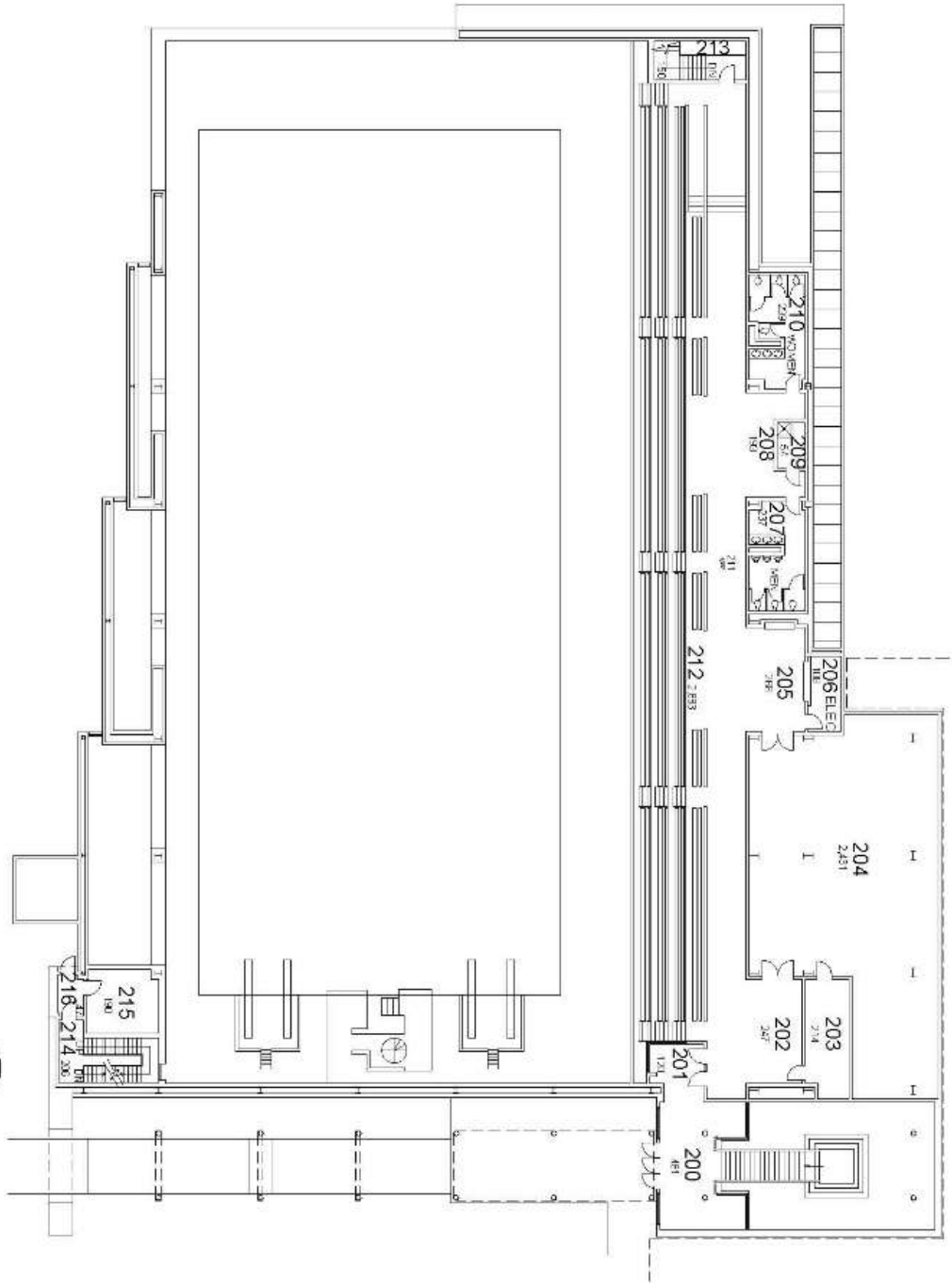
JCM 02-07-2013



LANCASTER AQUATICS FIRST FLOOR PLAN 36,675 Gross Square Ft.

 UNIVERSITY OF KENTUCKY Physical Plant Division	LANCASTER AQUATICS KEY DRAWING	BLOG #: 0212	DATE: 05-22-09 DRAWN BY: SPM
	SHEET 2 OF 5		

LANCASTER AQUATICS SECOND FLOOR PLAN 12,483 Gross Square Ft.



SHEET
3 OF 5

UK UNIVERSITY OF KENTUCKY
Physical Plant Division

LANCASTER AQUATICS
KEY DRAWING

BLDG #
0212

DATE:
06-22-09
DRAWN BY:
SPM

TEAM PARKING / ENTRANCE

Team Parking

The entrance to Lancaster Aquatic Center is located on the North side of the building, accessed from Complex Drive. Teams will be directed to park vehicles in either C16 or PS7. Each team will be allotted one parking permit. Please indicate your travel needs on the Team Travel Party Form on Page 25. If additional team parking is needed please contact Kate Ramsey.



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

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.**

Distribution of credentials and parking will take place on practice day at the facility and parking entry points.

COACHES MEETING

A mandatory coaches meeting will be held Friday, March, 5 for Zone C and Tuesday, March 9 for Zone D via Zoom. Updated information pertinent to the championships will be shared at this meeting. The judges’ panel will be reviewed by the coaches in this meeting.

Zone C Meeting Link: <https://uky.zoom.us/j/84770732128?from=addon>

Zone D Meeting Link: <https://uky.zoom.us/j/83620931457?from=addon>

CONCESSIONS

Due to Covid Restrictions NO concessions will be provided at the event

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

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.

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.

MEDIA INFORMATION

Event Results

Live results will be available at <https://secure.meetcontrol.com/divemeets/system/index.php#> and 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@uky.edu). 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 2021 Zones C and D Diving 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,

Evan Griskowitz
Evan.G@uky.edu

UNIVERSITY OF KENTUCKY ATHLETIC TRAINING PHONE LIST



Sports Medicine Staff:

Evan Griskowitz	Cell	302-540-6145
Amy Barchek	Cell	937-266-0779
Host Athletic Trainer	Office	859-257-7349
Bri Papotto, MS, ATC		
Assistant Athletic Trainer, Swimming and Diving	Cell	440-773-4691

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 Ave.	859-687-3270
Campus Police		859-257-8573

PROCEDURE FOR EMERGENCY CARE OF STUDENT-ATHLETES LANCASTER AQUATIC CENTER

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

Emergency Situation

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

Examples:	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
 - b) Have someone call 911; give the following information**
 - i. **Identify yourself**
 - ii. **General information about the injury**
 - iii. **Where you are: “Lancaster Aquatic Center” on UK Campus located at the corner of Complex Drive and University Drive.**
 - iv. **Exact location of injured athlete**
 - v. **Be the last one to hang up; answer all questions**
 - vi. **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.

Examples:	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.
 - d) Contact a staff athletic trainer as soon as possible.

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 www.visitlex.com.

TEAM TRAVEL PARTY FORM (Page 1 of 2)

Institution: _____

Contact Prior to Arrival:

Name/Title: _____

Office Phone: _____

Cell Phone: _____

Approx. Practice Day/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 Kate Ramsey at Kate.ramsey@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 Tuesday, March 2 by midnight to Kate Ramsey at Kate.ramsey@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:

Justification for Appeal:

Committee Decision – Approved: _____ Denied: _____

Appeal Meet Committee Signature: _____

Date: _____