



PARTICIPANT 2024-25 MANUAL

2025 Zone A Participant Manual



Hosted by Rutgers University Athletics

Sonny Werblin Recreation Center

March 8-12, 2025

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Dear Athletes and Coaches,

I am excited to welcome you to the Zone A Diving Championships hosted by Rutgers University! It is an honor to host this prestigious event which brings together some of the most talented divers and dedicated coaches from across the country.

This event is an opportunity to showcase the hard work and discipline that each athlete and coach has poured into this season. We are proud to provide this stage for each of you to achieve new heights in 2025.

Throughout the competition, we encourage all athletes and coaches to perform to the best of their abilities as well as to support one another. Whether you are diving or coaching, your spirit, enthusiasm, and sportsmanship are what will make this event special and memorable.

Rutgers Athletics has prepared diligently for your experience to be world-class, from our facilities to our event staff to the food we will provide. If there is anything you need during your time with us, please do not hesitate to ask one of our staff members.

I wish you much success this season and at the Zone A Championship!

Sincerely,

Ryan Pisarri
Interim Athletic Director

CHAMPIONSHIPS PERSONNEL

| | | | |
|--|----------------------------|--------------------------|--|
| <u>NCAA Representative</u> | <u>Office Phone</u> | <u>Cell Phone</u> | <u>E-Mail</u> |
| John Bugner, Director of Championships | 317-917-6529 | 317-522-7220 | jbugner@ncaa.org |
| Paige Newman, Assistant Director of Championships | 317-917-6660 | 317-778-9808 | pnewman@ncaa.org |
| <u>Sport Administrator</u> | | | |
| Kate Hickey <i>Deputy Athletic Director</i> | 732-445-7899 | | khickey@scarletknights.com |
| <u>Coaching Staff</u> | | | |
| Jon Maccoll <i>Head Coach, Swimming and Diving</i> | 248-930-0481 | | jmaccoll@scarletknights.com |
| Natasha Chikina <i>Diving Coach</i> | 402-540-6561 | | nchikina@scarletknights.com |
| <u>Facility Staff</u> | | | |
| Therno Diallo <i>Director, Facilities and Events</i> | 646-837-1789 | | tdiallo@scarletknights.com |
| Evan Fleisher <i>Facilities and Events assistant</i> | 908-752-1482 | | efleisher@scarletknights.com |
| <u>Diving Table Coordinator</u> | | | |
| Mireille Lawrence | 908-797-7219 | | mpol79@aol.com |
| <u>Athletic Communications</u> | | | |
| Kim Zivkovich <i>Associate Athletic Director – Communications</i> | 732-690-6717 | | kzivkovich@scarletknights.com |
| <u>Athletic Training</u> | | | |
| Amanda Harper <i>Athletic Trainer</i> | 908-327-7919 | | a.harper@scarletknights.com |
| <u>Sports Marketing</u> | | | |
| Shayna Sadow <i>Assistant Director Marketing & Fan Experience</i> | 201-421-9203 | | ssadow@scarletknights.com |
| <u>Meet Director</u> | | | |
| Mireille Lawrence | 908-797-7219 | | mpol79@aol.com |

SCHEDULE OF EVENTS

(All times are local unless otherwise stated)

Monday, March 3

11:59 p.m. Eastern DiveMeets entries due

Saturday, March 8

8 a.m. to 9 p.m. Open practice
9 p.m. Diving well closed

Sunday, March 9

8 a.m. to 2 p.m. Open practice
2 p.m. to 3 p.m. Team Practice
3 p.m. to 5 p.m. Team Event
 Sonny Werblin Recreation Center
6 p.m. to 7 p.m. Pre-Tournament Meeting
 Rodkin Academic Success Center
 Multipurpose Room
 201 Fitch Road, Piscataway, NJ, 08854
9 p.m. Diving well closed

Monday, March 10

| <u>Men's 1-meter</u> | | <u>Women's 3-meter</u> | |
|--------------------------|------------------|---------------------------------|------------------|
| 6:30 to 8 a.m. | Open warm up. | 6:30 to 8:00 a.m. | Open warm up. |
| 8 to 8:45 a.m. | Group 1 warm up. | 8:00 to 8:45 a.m. | Group 1 warm up. |
| 8:45 to 9:30 a.m. | Group 2 warm up. | 8:45 to 9:30 a.m. | Group 2 warm up. |
| 9:30 to 10:15 a.m. | Group 3 warm up. | 9:30 to 10:10 a.m. | Open warm up. |
| 10:15 to 11 a.m. | Group 4 warm up. | 10:10 a.m. to 12:15 p.m. | Prelims A |
| 11 to 11:15 a.m. | Group 1 warm Up | 12:15 to 1:00 p.m. | Group 3 warm up |
| 11:15 a.m. to 12 p.m. | Open warm up. | 1:00 to 1:45 p.m. | Group 4 warm up. |
| 12 to 3 p.m. | Prelims. | 1:45 to 2:30 p.m. | Open warm up. |
| 3 to 3:30 p.m. | Final warm up. | 2:30 to 4:30 p.m. | Prelim B |
| 3:30 to 4:30 p.m. | Finals. | 4:30 to 5:00 p.m. | Final warm up. |
| | | 5:00 to 6:00 p.m. | Finals. |

Tuesday, March 11

| <u>Men's 3-meter</u> | | <u>Women's 1-meter</u> | |
|-----------------------|------------------|--------------------------|------------------|
| 6:30 to 8 a.m. | Open warm up. | 6:30 to 8:00 a.m. | Open warm up. |
| 8 to 8:45 a.m. | Group 1 warm up. | 8:00 to 8:45 a.m. | Group 1 warm up. |
| 8:45 to 9:30 a.m. | Group 2 warm up. | 8:45 to 9:30 a.m. | Group 2 warm up. |
| 9:30 to 10:15 a.m. | Group 3 warm up. | 9:30 to 10:10 a.m. | Open warm up. |
| 10:15 to 11 a.m. | Group 4 warm up. | 10:15 a.m. to 12:45 p.m. | Prelims A |
| 11 to 11:15 a.m. | Group 1 warm Up | 12:45 to 1:30 p.m. | Group 3 warm up |
| 11:15 a.m. to 12 p.m. | Open warm up. | 1:30 to 2:15 p.m. | Group 4 warm up. |
| 12 to 2:45 p.m. | Prelims. | 2:15 to 3:00 p.m. | Open warm up. |
| 2:45-3:15 p.m. | Final warm up. | 3:00 to 5:30 p.m. | Prelim B |
| 3:15 to 4:15 p.m. | Finals. | 5:30 to 6:00 p.m. | Final warm up. |
| | | 6:00 to 7:00 p.m. | Finals. |

Wednesday, March 12

| | |
|---------------------------------|---|
| 6:30 a.m. | Building open |
| 6:30 a.m. to 8 a.m. | Open Warm Up |
| 8 a.m. to 9:30 a.m. | Women's Platform Warm Up |
| 9:30 a.m. to 11 a.m. | Women's Platform Prelim |
| 11 a.m. to 11:30 a.m. | Women's Platform Finals Warm Up |
| 11:30 a.m. to 12:30 p.m. | Women's Platform Finals |
| 12:30 p.m. to 2 p.m. | Men's Platform Warm Up |
| 2 p.m. to 3:30 p.m. | Men's Platform Prelim (est. 10 divers) |
| 3:30 p.m. to 4 p.m. | Men's Platform Finals Warm Up |
| 4 p.m. to 5 p.m. | Men's Platform Finals (est. 21 divers) |

** 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 2023-24 and 2024-25 NCAA Swimming and Diving Rules Book.
- In order to qualify for the diving events at the championships, a diver must participate in their 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 each event they want to participate. The qualifying standards for divers are available online at ncaa.org.

- [DiveMeets](#) will be used at each of the zone diving championships and divers must register online for their respective zone meet.
- All coaches wishing to enter a diver into their respective zone diving championship must submit the zone diving entry form by 11:59 p.m. Eastern time, Monday, March 3. 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 Subcommittee 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 championship 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 2025

| <u>Women</u> | 1m | 3m | PI | <u>Men</u> | 1m | 3m | PI |
|---------------------|-----------|-----------|-----------|-------------------|-----------|-----------|-----------|
| Zone A | 7 | 6 | 5 | Zone A | 4 | 5 | 5 |
| Zone B | 9 | 7 | 7 | Zone B | 7 | 8 | 6 |
| Zone C | 6 | 10 | 11 | Zone C | 10 | 8 | 10 |
| Zone D | 11 | 10 | 9 | Zone D | 9 | 9 | 8 |
| Zone E | 8 | 8 | 9 | Zone E | 6 | 6 | 7 |

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 2023-24 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 | 5 | 5 |
| Zone B | 7 | 6 |
| Zone C | 11 | 10 |
| Zone D | 11 | 7 |
| Zone E | 7 | 7 |

| 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 championships have concluded, and not later than Sunday, March 16, the list of selected divers will be posted on ncaa.org. 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 Rutgers Swimming and Diving program has found a home at the Rutgers Aquatic Center, located in the Sonny Werblin Recreation Center. The facility is located at 656 Bartholomew Rd, Piscataway, NJ 08854.

The diving well is 17 feet deep and has two 1-meter springboards, two 3-meter springboards, as well as 3, 7.5, and 10-meter platforms, water surface agitators, and a Sparger System.

DIRECTIONS TO FACILITY

From New Jersey Turnpike (North or South)

- Turn off at Exit 9. After toll booths bear right; follow signs for “Route 18 North-New Brunswick.”
- Continue along Route 18 North past the exits for “Route 27” and “Rutgers University” and proceed over the Raritan River on the John Lynch Memorial bridge.
- Take the exit for Campus Rd, Rutgers Stadium, and Busch Campus.
- Follow traffic circle $\frac{1}{4}$ around onto Bartholomew Rd. Proceed straight to the 4-way stop. Make a left onto Brett Rd and bear left

From Garden State Parkway

- Southbound – Coming from Northern New Jersey
 - Turnoff at Exit 129 for the New Jersey Turnpike and head south.
 - Follow directions to campus from Route 18 North, below.
- North Bound – Coming from northern New Jersey (below Exit 105)
 - Turn off at Exit 105 and follow signs for Route 18 North.
 - After approximately 24 miles you will pass the entrance for the New Jersey Turnpike and continue on Route 18 North.
 - Follow Directions to campus from Route 18 North, below
- Northbound (above Exit 105)
 - Follow the Parkway over the Driscoll Bridge and take Exit 127 (Route 440 North). Follow Route 440 North (it will become Route 287 North).
 - Follow directions for Route 287 North, below.

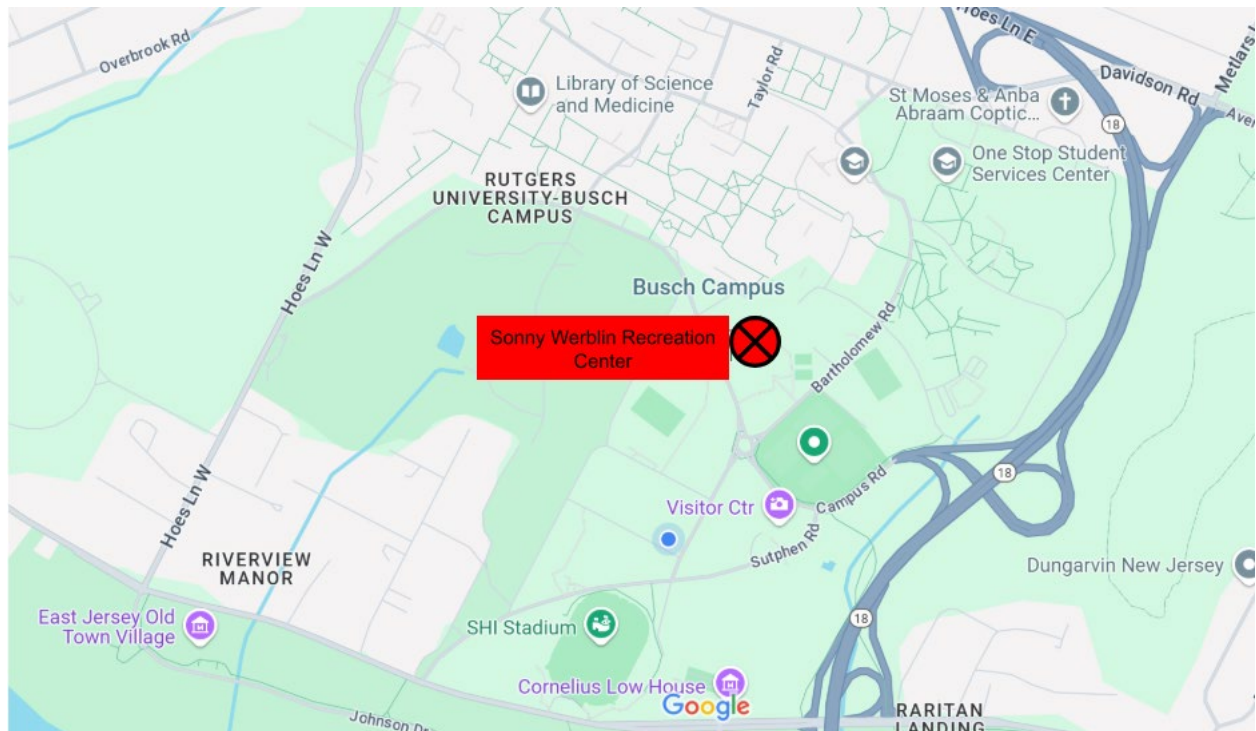
From Route 18

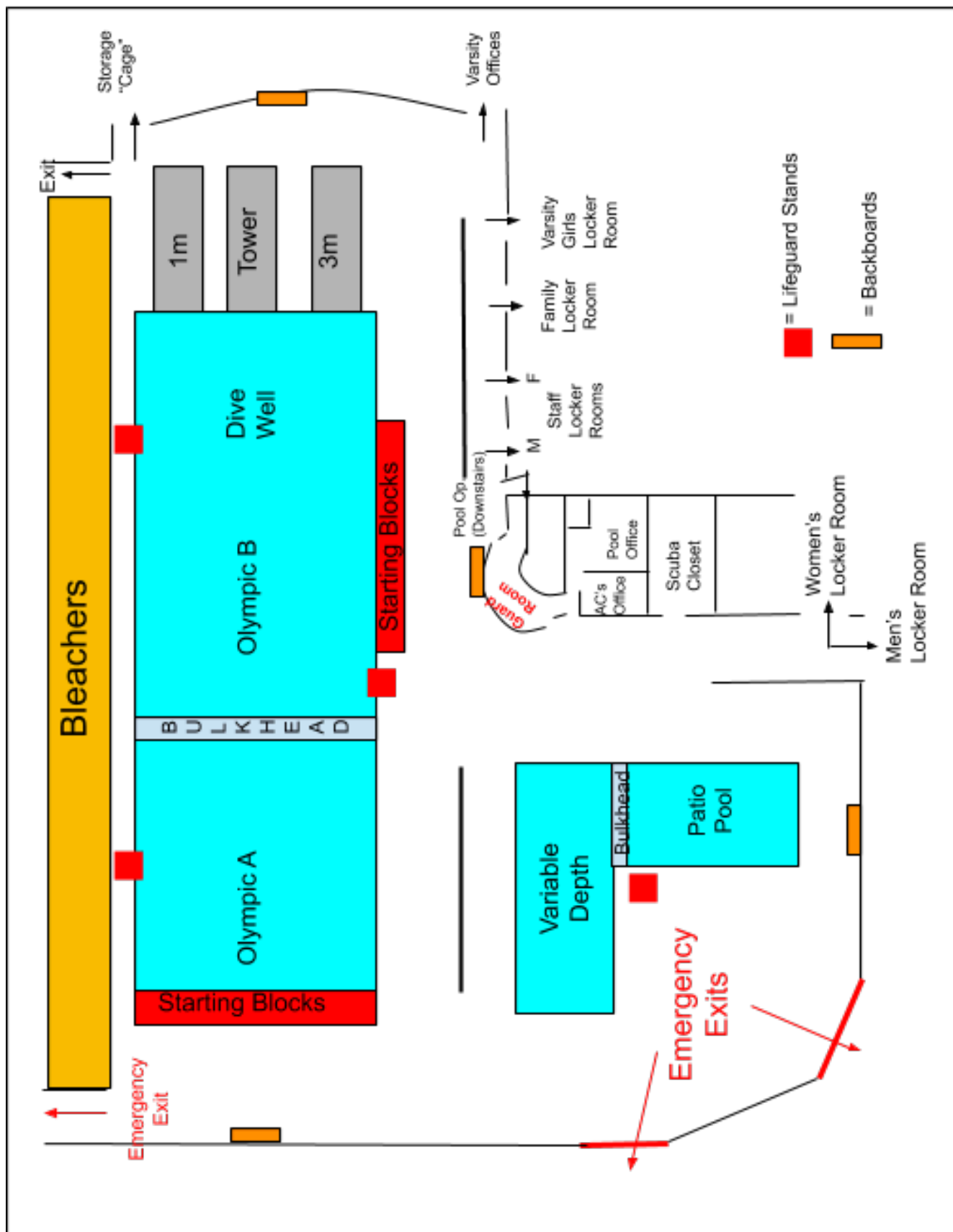
- Continue along Route 18 North past the exits for “Route 27” and “Rutgers University” and proceed over the Raritan River on the John Lynch Memorial Bridge stay in the left hand lane.
- Follow signs for Campus Rd, Rutgers Stadium, and Busch Campus.
- Follow traffic circle $\frac{1}{4}$ around onto Bartholomew Rd. Proceed straight to the 4-way stop. Make a left onto Brett Rd and proceed to the left.
- From Route 1 (North or South)
 - Turn off at Exit marked “Route 18 North-New Brunswick.”
 - Continue along Route 18 North past the Exits for “Route 27” and “Rutgers University” and proceed over the Raritan River on the John Lynch Memorial Bridge.
 - Follow signs for Campus Rd, Rutgers Stadium, and Busch Campus.
 - Follow traffic circle $\frac{1}{4}$ around onto Bartholomew Rd. Proceed straight to the 4-way stop. Make a left onto Brett Rd. Follow Brett Rd and bear left.

From Route 287 (North or South)

- Turn off at Exit 9 “River Road, Bound Brook, Highland Park”.
- Proceed East on River Road toward Highland Park.

- Make a left onto Sutphen Road. At the 4-way stop make a left onto Scarlet Knight Way.
- Follow traffic circle ½ around and follow signs for Bartholomew Rd.
- Follow Bartholomew Rd. to the 4-way stop. Make a left onto Brett Rd. and bear left.





TEAM PARKING / ENTRANCE

Team Parking:

The main entrance for teams will be the back of the Sonny Werblin Recreation Center near the pool deck (off of Frelinghuysen Rd). Teams will be directed to the Purple and Blue Lots for parking. The Purple Lot (lot 64) is located directly behind the Sonny Werblin Recreation Center and the Blue Lot is the dirt lot across the street. (See map below)

Fan Parking:

During competition, parking is available in the Blue and Purple Lots for fans. Fans will enter the building via the double doors located off the Purple Lot. (See map below)

Parking Link:

Below is the parking link that teams and their fans must use to register to park in the Blue and Purple Lots.

<https://rudots.nupark.com/v2/portal/eventregister/3bffb3dc-8c51-47b4-94cd-be0efd339f5b#/events/registration/>

TEAM PARKING/ENTRANCE/PARKING MAP



CHAMPIONSHIP SUBCOMMITTEE MEMBERS

Zone A – Representatives

- Chris Lane – George Washington University (crlane@gwu.edu)
- Matt O’Neill – Harvard University (oneill@fas.harvard.edu)

Zone B – Representatives

- Beau Bunn – University of Alabama (bbunn@ia.ua.edu)
- Josh Larcom – Florida International University (jlarcom@fiu.edu)

Zone C – Representatives

- Michael Retcher – Bowling Green University (mretche@bgsu.edu)
- Kris Jorgensen – Northwestern University (kris.jorgensen@northwestern.edu)

Zone D – Representatives

- Stephanie O’Callaghan- University of North Texas (stephanie.ocallaghan@unt.edu)
- Anthony Crowder – Texas Christian University (a.crowder@tcu.edu)

Zone E – Representatives

- Zach Hawley- New Mexico State University (zhawley@nmsu.edu)
- Roland McDonald- San Diego State University (rmcdonald@sdsu.edu)

CREDENTIALS

Credentials will be issued to all coaches, athletic trainers and other staff listed in the official travel party. Credentials will provide staff and student-athletes access to areas reserved for teams only, such as the pool deck and the hospitality areas. **Credentials must be worn at all times while on-site.**

Please fill out the Team Travel Party Form (page 22) to ensure we have the proper number of credentials made for your staff and student-athletes upon arrival. Credentials will be given to coaches/administrators at the pre-championship meeting on Sunday, March 9 at 6 p.m.

COACHES MEETING

A mandatory coaches meeting will be held **Sunday, March 9 at 6:00pm.** in the Rodkin Academic Success Center Multipurpose Room. 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 Sonny Werblin Recreation Center . They will be located right behind the spectator seating in the entrance way.

- Schedule:
 - Monday: 10:30 a.m.– 8:00 p.m.
 - Tuesday: 10:30 a.m. – 8:00 p.m.
 - Wednesday: 10:30 a.m. – 4:00 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.

EMERGENCY CONTACTS

Emergency: 911

RUPD: 732-932-7211

Piscataway Police Department: 732-562-2300 555 Sidney Rd, Piscataway, NJ 08854

Middlesex County Sheriff's Department: 732-745-3271 701 Livingston Ave, New Brunswick, NJ 08901

RWJ University Hospital: 732-828-3000 1 Robert Wood Johnson Pl, New Brunswick, NJ 08901

HOSPITALITY

Hospitality will be available to all student-athletes, coaches and team personnel. See map on Page 13 for the following locations:

Coaches/Championship Staff

Hospitality for the coaches and staff will be located in the pool deck office. Snacks and drinks will be provided during all competition days.

Student-Athletes

Student-athlete hospitality will be located right outside the pool deck office. Snacks and drinks will be provided throughout the competition.

***All hospitality areas will require credentials to access.*

LOCKERS

Team locker rooms are available for use and participants will be shown their location when they arrive. The entrance will be available through the leisure pool area or from the main lobby hallway. Participating teams will not have assigned lockers.

All participants will be responsible for their personal items. All participants should not leave belongings in the locker room. 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 www.divemeets.com. Any SIDs in attendance will also be provided with results.

Credentials

All media members and SIDs interested in covering the championships should submit requests to Evan Fleisher. Evan Fleisher will individually work with each media personnel to distribute media credentials.

General Information

- There will be no media work area.
- Wireless Internet access will be available with guest access. No codes or passwords needed.
- There will be no designated interview area. Please Kim Zivkovich (kzivkovich@scarletknights.com) to make any interview requests.

MEDICAL INFORMATION

Werblin Pool Emergency Action Plan (Swim/Dive Meet)

Assess the Situation and Ensure Scene Safety Before Approaching any Emergency and Initiating Care

When Calling 9-1-1 Provide the Following Information

- Your Name
- Your Address (656 Bartholomew Rd, Piscataway, NJ, 08854) and where you are calling from
- Nature of the Incident
- Age of the Victim
- Level of the Victim's Consciousness
- Victim's Breathing Status
- Directions to Scene
 - Sonny Werblin Recreation Center is accessible from Brett Road. From Campus road, EMS should take the first exit at the roundabout to Bartholomew Rd. The first left will be Brett Rd, the Rec Center will be straight ahead
- Other Information requested by the Dispatcher

DO NOT HANG UP THE CALL until the dispatcher allows you to.

Medical Facilities

Nearest Hospital

- Robert Wood Johnson university Hospital, Level 1 Trauma
 - 1 Robert wood Johnson Place, New Brunswick, NJ 08901

After Hours Clinic

- Robert Wood johnson Urgent Care
 - 751 Route 206 North, Hillsborough, NJ

Nearest Pharmacy

- CVS
 - 1252 Stelton Road, Piscataway, NJ 08854

Emergency Personnel

| | | |
|--------------------|-------------------------------|--------------|
| Rutgers EMS/Police | EMS, Emergency Transportation | 9-1-1 |
| Josh Bershad, MD | Chief Medical Officer | 908-202-0900 |
| Amanda Harper, ATC | Athletic Trainer | 908-327-7919 |
| On-Duty Lifeguard | CPR/AED Certified | N/A |
| RU Coaching Staff | CPR/AED Certified | N/A |

Basic Roles of Emergency Personnel

1. **Establish Scene Safety and Immediate Care of the Student-Athlete**
 - a. This should be provided by the most qualified individual on the emergency team
2. **Activation of Emergency Medical Services**
 - a. Time is the most critical factor, and this may be done by anyone on the team. However, the person chosen should be someone who is calm under pressure, communicates well, and is familiar with the location and address of the venue.
3. **Equipment Retrieval**
 - a. This may be done by anyone on the emergency team who is familiar with the locations of the specific equipment needed. The athletic training staff is a good choice for this role.
4. **Directions of EMS to the Scene**
 - a. One of the members of the team should be in charge of meeting the emergency medical personnel as they arrive at the site: Front entrance of Sonny Werblin Recreation Center

Equipment Retrieval

All equipment is maintained and accessible at all scheduled practices and competitions.

AED Location – Primary AED: Hanging inside the lifeguard office. Secondary AED: fixed on wall to the right of the front desk of the Sonny Werblin Recreation Center.

Practice – Vacuum Splints, First Aid Supplies, AED, Spine Board, O2 and other emergency supplies will be provided by EMS if necessary

Competition – Vacuum Splints, First Aid Supplies, AED, Spine Board, O2 and other emergency supplies will be provided by EMS if necessary

Miscellaneous Information

1. Emergency supplies provided for the championships.
 - a. Natatorium lifeguard staff.
 - i. AED.
 1. Located in the lifeguard office between the competition pool and leisure pool.
 - ii. In-water spine board (3).
 1. Located in natatorium.
 - iii. Rescue pole (3).
 1. Located in natatorium.
 - iv. Rescue tube (6).
 1. Located in natatorium on lifeguard stands and in the lifeguard office.
 - b. Team physicians.
 - i. Physician kit (suture kit, etc.).
2. Telephone locations in/around the competition pools.
 - a. Land-line telephones are found in two locations.
 - i. On red column between the competition pool and leisure pool.
 - ii. Lifeguard Office located between the Competition pool and the Leisure Pool.
3. Non-student-athlete medical issues (on the pool deck).
 - a. Will be managed by the natatorium lifeguard or championship medical director or designee.

MERCHANDISE

Event1 is the official merchandiser for NCAA championships. Merchandise will not be available at this event.

PROTEST PROCEDURE

- At the coaches meeting, a meet committee must be designated who will hear and decide all protests.
- The diving subcommittee 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 Paige Newman (317-778-9808) 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 2023-24 and 2024-25 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 visitnj.org.

Local Restaurants:

New Brunswick and Vicinity

- | | |
|--|---|
| <ul style="list-style-type: none"> • Chipotle <ul style="list-style-type: none"> ○ 387 George Street ○ 732-993-1601 • McDonalds <ul style="list-style-type: none"> ○ 666 Somerset ○ 732-247-9814 • Panera <ul style="list-style-type: none"> ○ 126 College Ave ○ 732-873-9845 • Chili's <ul style="list-style-type: none"> ○ 867 US Highway ○ 732-545-7955 • Dusal's Italian Restaurant <ul style="list-style-type: none"> ○ 100 Ryders Lane ○ 732-745-7311 • Harvest Moon Brewery <ul style="list-style-type: none"> ○ 392 George St | <ul style="list-style-type: none"> • Old Man Rafferty's <ul style="list-style-type: none"> ○ 106 Albany St ○ 732-846-6153 • On the Border <ul style="list-style-type: none"> ○ 51 US Highway ○ 732-1 979-2192 • Hansel & Griddle <ul style="list-style-type: none"> ○ 130 Easton Ave ○ 732-846-7090 • Panico's <ul style="list-style-type: none"> ○ 94 Church St ○ 732-545-6161 • PJ's Grill and Pizza <ul style="list-style-type: none"> ○ 166 Easton Avenue ○ 732-249-2919 • Stuff Yer Face <ul style="list-style-type: none"> ○ 49 Easton Ave ○ 732-247-1727 |
|--|---|

Piscataway Vicinity

- Applebee's
 - Piscataway Towne Center
 - 732-562-0500
- IHOP
 - 1340 Centennial Ave
 - 732-562-1441
- TGI Friday's
 - 1315 Centennial Ave
 - 732-465-0101
- McDonalds
 - 1303 Centennial Ave
 - 732-562-0993
- Sam I Am Bagel
 - 1665 Stelton Rd
 - 732-985-2511

- Olive Garden
 - 1317 Centennial Avenue
 - 732-562-0142
- Panera Bread
 - 1333 Centennial Ave
 - 732-981-82
- Pizza Hut
 - 5251 Stelton Rd
 - 732-985-7755
- Stelton Pizza
 - 1315 Stelton Rd
 - 732-985-2626
- Subway
 - 1388 Centennial Ave
 - 732-624-9900

Edison and Vicinity

- Chick-Fil-A at Menlo Park Mall
 - Menlo Park Mall
 - 732-548-6024
- Tastee Sub Shop
 - 267 Plainfield Ave
 - 732-985-5423
- Jollibee
 - 760 US-1
 - 732-902-0928
- Harold's N Y Deli
 - 3050 Woodbridge Avenue
 - 732-661-9100
- Houlihan's
 - 65 Hwy 1
 - 732-205-1900
- Long Horn Steakhouse
 - 366 US Hwy 9 (Woodbridge, NJ)
 - 732-750-1006
- Panera Bread
 - 55 Parsonage Rd
 - 848-260-2659
- Sunshine Grill
 - 821 Amboy Avenue
- Boston Market
 - 900 Easton Ave

- Rainforest Café
 - Menlo Park Mall
 - 732-452-0011
- Menlo Park Diner
 - 1475 US Hwy 1
 - 732-494-1760

Somerset and Vicinity

- Ruby Tuesday
 - 900 Easton Ave
 - 732-214-1144
- Hong Kong Garden
 - 1760 Easton Ave
 - 732-356-5779
- Somerset Diner
 - 1045 Easton Ave
 - 732-828-5424
- Maggiano's Little Italy
 - 600 Commons Way (Bridgewater)*
 - 908-547-6045
- Stagehouse Tavern 1
 - 719 Amwell Road
 - 732-873-3990

- Chipotle
 - 640 Commons Way (Bridgewater)*
- McDonald's
 - 1065 Easton Ave
 - 732-247-1030
- Pizza Hut
 - 1135 Easton Ave
 - 732-220-0900
- The Cheesecake Factory
 - 400 Commons Way (Bridgewater)*
 - 908-252-0399
- Sophie's Bistro
 - 700 Hamilton St
 - 732-545-7779

TEAM TRAVEL PARTY FORM (Page 1 of 2)

Institution: _____

Contact Prior to Arrival:

Name/Title: _____

Office Phone: _____

Cell Phone: _____

Saturday or Sunday: _____

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 Monday, March 3, 2025
to Evan Fleisher and Mireille Lawrence
mpol79@aol.com
efleisher@scarletknights.com

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 Monday, March 3, 2025 to Evan Fleisher and Mireille Lawrence

efleisher@scarletknights.com / mpol79@aol.com



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: _____