

PARTICIPANT 2024-25 MANUAL

2025 Zone E Participant Manual

Hosted by the University of Utah
Weyerhauser King County Aquatic Center
March 10-12, 2025

TABLE OF CONTENTS

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CHAMPIONSHIPS PERSONNEL	4
SCHEDULE OF EVENTS	5
ENTRY INFORMATION	7
SCORING	7
RESULTS	8
FACILITY INFORMATION	10
DIRECTIONS TO FACILITY	10
CHAMPIONSHIP SUBCOMMITTEE MEMBERS	11
CREDENTIALS	11
COACHES MEETING	11
CONCESSIONS	12
DRUG TESTING	12
EMERGENCY CONTACTS	12
HOSPITALITY	12
LOCKERS	13
MEDIA INFORMATION	13
MEDICAL INFORMATION	13
MERCHANDISE	15
PROTEST PROCEDURE	15
UNIFORMS	16
VIDEOTAPING	16
AREA INFORMATION	16
FORMS TO SUBMI	TT
TEAM TRAVEL PARTY FORM	
PROTEST FORM	19

Welcome Zone E Participants and Spectators,

The University of Utah is hosting the Zone E championships here in Federal Way, WA. The pool has been the site of many major competitions including the 2012 Olympic Trials for diving and it will host both the Women's and Men's NCAA Swimming and Diving Championships in the coming weeks.

Congratulations on a great season so far and we wish everyone the best of luck in the upcoming competition and beyond.

Respectfully,

Richard Marschner

Head Diving Coach University of Utah

CHAMPIONSHIPS PERSONNEL

NCAA Representative John Bugner, Director of Championships	Office Phone 317-917-6529	<u>Cell Phone</u> 317-522-7220	E-Mail jbugner@ncaa.org
Paige Newman, Assistant Director of Championships	317-917-6660	317-778-9808	pnewman@ncaa.org
	Phone	Email	
<u>Sport Administrators</u> Keith Embray	801-755-8042	keith.embray@utah	ı.edu
<u>Championship Staff</u> Gabby Logozzo	860-680-6652	u1448402@utah.ed	<u>u</u>
Coaching Staff Richard Marschner	801-245-0014.	rmarschner@huntsi	man.utah.edu
Facility Staff Megan Viken Shelby Plazola-Wannamaker	206-263-9466 206-419-4325	mviken@kingcounty shelby.plazola.wanr	y.gov namaker@kingcounty.gov
<u>Diving Table Coordinator</u> Lia Fusaro	480-980-3505	ajapinjap@cox.net	
Athletic Communications Chase Farris	949-726-2502	cfarris@huntsman.u	utah.edu
Athletic Training Matt Delisi	402-613-9292	mdelisi@huntsman.	utah.edu

SCHEDULE OF EVENTS

(All times are local unless otherwise stated)

Monday, March 3

11:59 p.m. Eastern DiveMeets entries due

Friday, March 7: NO PRACTICE TIME CURRENTLY AVAILABLE. FACILITY IN USE

Saturday, March 8:

8 a.m. to 4:00 p.m. Open practice

4:00 to 4:15pm Team Event Only Practice

4:15 to 5:00pm Team Event

5:00pm Coaches Meeting

Sunday, March 9:

8 a.m. to 1:00pm Open practice

1:00 to 2:30 p.m.
2:30 to 4:00 p.m.
4:00 to 5:30 p.m.
Men and women's combined group warm up
4:00 to 5:30 p.m.
Men and women's combined group warm up
5:30-7:00pm
Men and women's combined group warm up

7:00 to 8 p.m. Open practice

Monday, March 10: Pool will remain open until 5:00pm, approximately 1.25 hours after completion

Women's 3m

7:30 to 8:30 a.m. Open

 8:30 to 9:20 a.m.
 Flight 1 (17 divers)
 50 minutes

 9:20 to 10:10 a.m.
 Flight 2 (17 divers)
 50 minutes

 10:10 to 11 a.m.
 Flight 3 (18 divers)
 50 minutes

 11 to 11:25 a.m.
 Open
 25 minutes

11:30 a.m. to 2:32 p.m. Women's Prelims (52 divers) 3 hours 2 minutes

2:32-2:42p.m. 10 Minute Break 10 minutes 2:42 to 3:45 p.m. Women's Finals 63 minutes

Men's 1m

7:30 to 9:30 a.m. Open

 9:30 to 10:15 a.m.
 Flight 1 (15 divers)
 45 minutes

 10:15 to 11 a.m.
 Flight 2 (15 divers)
 45 minutes

 11 to 11:25 a.m.
 Open
 25 minutes

11:30 a.m. to 1:15 p.m.	Men's Prelims (30 divers)	1 hour 45 minutes
1:15 to 1:25 p.m.	10 minute Break	10 minutes
1:25 to 2:28 p.m.	Men's Finals	63 minutes

Tuesday, March 11: Pool will remain open until 4:00pm, approximately 1.5 hours after completion

Women's Platform

7:30 to 9:00 a.m.	Open	
9:00 to 10:00 a.m.	Flight 1 (17 divers)	60 minutes
10:00 to 11:00 a.m.	Flight 2 (17 divers)	60 minutes
11 to 11:25 a.m.	Open	25 minutes
11:30 a.m.to 1:15 p.m.	Women's Prelims (34 divers)	1 hours 45 minutes

1:15-1:25 p.m.10 minute Break10 minutes1:25 to 2:20p.m.Women's Finals55 minutes

Men's 3m

7:30 to 9:30 a.m.	Open	
9:30 to 10:15 a.m.	Flight 1 (15 divers)	45 minutes
10:15 to 11 a.m.	Flight 2 (16 divers)	45 minutes
11 to 11:25 a.m.	Open	25 minutes
11:30 a.m. to 1:18 p.m.	Men's Prelims (31 divers)	1 hours 48 minutes

 1:18 to 1:28 p.m.
 10 minute Break
 10 minutes

 1:28 to 2:31 p.m.
 Men's Finals
 63 minutes

Wednesday, March 12:

Women's 1m

7:30 to 8:30 a.m.	Open	
8:30 to 9:20 a.m.	Flight 1 (19 divers)	50 minutes
9:20 to 10:10 a.m.	Flight 2 (19 divers)	50 minutes
10:10 to 11 a.m.	Flight 3 (19 divers)	50 minutes
11 to 11:25 a.m.	Open	25 minutes
11:30 a.m. to 2:50 p.m.	Women's Prelims (57 divers)	3 hours 20 minutes
2:50 -3:00 p.m.	10 minute Break	10 minutes
3:00 to 4:03 p.m.	Women's Finals	63 minutes

Men's Platform:

7:30 to 11:30 a.m.	Open (24 divers)	
11:30 to 12:59 p.m.	Men's Platform Prelims	1 hour 29 minutes
12:59 to 1:09 p.m.	10 minute Break	10 minutes
1:09 to 2:16 p.m.	Men's Platform Finals	67 minutes
	37 seconds per dive	

^{**} 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	Pl
Zone A	7	6	5
Zone B	9	7	7
Zone C	6	10	11
Zone D	11	10	9
Zone E	8	8	9

<u>Men</u>	1m	3m	Pl
Zone A	4	5	5
Zone B	7	8	6
Zone C	10	8	10
Zone D	9	9	8
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

<u>Place</u>	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 Weyerhaeuser King County Aquatic Center (WKCAC) is a legacy venue of the 1990 Seattle Goodwill Games.

This 2,500-seat facility maintains one of the most active competition schedules in the country, hosting more than 50 events annually. It has been the site of Olympic Trials, top national and international competitions, and the Pacific Northwest's premiere events.

The diving well has two 1-meter springboards, two 3-meter springboards, as well as 1, 3, 5, 7.5, and 10-meter platforms, water surface agitators, and a Sparger System.

DIRECTIONS TO FACILITY

ADDRESS: 650 SW Campus Dr, Federal Way, Washington

From Seattle International Airport: Follow signs to I-5 South. Take I-5 South for 12 miles. Take Exit 142B for WA-18 W toward S 348th St. Stay on this road as it bends right by an IHOP and then bends right by some baseball fields. Turn right into the facility at the light after the baseball fields.

Folderal Way, Washington 98023-8425 206-477-4444 Encognoy Ext. Lore Use Room Big Stonger Room Administration Room Merit Loter Room Other Washington Administration Room Administration Room Administration Room Other Room Othe

Weyerhaeuser King County Aquatic Center

Deck Level - Short Course

TEAM PARKING / ENTRANCE

Team and Fan Parking

All parking is in the lot for the facility. Please use the front entrance for all enrty and exits. No fees, permits, payments or otherwise required.

CHAMPIONSHIP SUBCOMMITTEE MEMBERS

Zone A – Representatives

- Chris Lane George Washington University
- Matt O'Neill Harvard University

Zone B - Representatives

- Beau Bunn University of Alabama
- Josh Larcom Florida International University

Zone C – Representatives

- Michael Retcher Bowling Green University
- Kris Jorgensen Northwestern University

Zone D - Representatives

- Stephanie O'Callagnan- University of North Texas
- Anthony Crowder Texas Christian University

<u>Zone E – Represent</u>atives

- Zach Hawley- New Mexico State University
- Roland McDonald- San Diego State University

CREDENTIALS

Everyone will be given a big smiley-face sticker as a credential, which will be strictly enforced.

Please fill out the Team Travel Party Form (Page 18) to ensure we have the proper number of credentials made for your staff upon arrival.

COACHES MEETING

A mandatory coaches meeting will be held **Saturday, March 9 at 5:00 p.m.** in Classroom. Each coach will receive their championships packet 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 in the lobby entrance.

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

Federal Way Police Department: 253-835-6700

HOSPITALITY

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

Coaches/Championship Staff

Snacks and drinks will be provided all day. A lunch will be provided each day of competition. The coaches/staff hospitality room is located in the "Lower Classroom" just off the pool deck.

Student-Athletes

Snacks and drinks will be provided throughout the competition. Student-athlete hospitality will be located on the pool deck near the diving well.

**All hospitality areas will require credentials to access.

LOCKERS

Team locker rooms are located on the pool deck. Women are on one side the men on the other.

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

MEDIA INFORMATION

Event Results

Live results will be available at 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 Spencer Briggs. Spencer will individually work with each media personnel to distribute media credentials.

General Information

• There will be no designated interview area. Please contact each athlete's coach to make any interview requests.

MEDICAL INFORMATION

The championships medical director, Matt Delisi, MS, ATC, LAT., will coordinate all medical care. The athletic training room is located on the 1m side corner of the pool deck. At least one certified athletic trainer will be present during all flighted practice and competition times. Matt Delisi will act as the athletic trainer to care for any schools that will not be bringing their own athletic trainer. He will be on deck from 8-5 on Saturday, 9-6 on Sunday and will be on deck 8 a.m. through the finish of each day's competition.

Host Emergency Medical Plan

- 1. Student-athlete injured in the diving well.
 - a. Natatorium lifeguard staff provides initial care while student-athlete is in water.
 - b. The injured student-athlete's athletic trainer will handle care of their student-athlete once the diver is removed from the pool.
 - c. Assistance will be provided by the championships medical director (host athletic trainer) as required by the level of seriousness of the situation.
 - d. In the event that the injury is a medical emergency, EMS will be called into action.
 - e. In the event EMS personnel are present at the facility, they will be summoned by the following:
 - (1) The aquatics director or assistant aquatics director.
 - (2) Championships medical director or designee.
 - (3) Department of recreational services staff.
 - (4) Natatorium lifeguard

- f. In the event EMS personnel are not present at the Natatorium, the EMS system will be activated by using a cellular telephone, a regular telephone located on the pool deck, or a regular telephone located in the athletic training room office.
- g. The call to the 9-1-1 dispatcher will be made by one of the following individuals:
 - (1) The aquatics director or assistant aquatics director.
 - (2) Championships medical director or designee.
 - (3) Department of recreational services staff.
 - (4) Natatorium lifeguard.
- h. The following information will be provided to the 9-1-1 dispatcher in the event of a medical emergency:
 - (1) Name of individual placing the call.
 - (2) Nature of the emergency ("injured diver during diving competition").
 - (3) Type of injury (head injury, fracture, dislocation, loss of consciousness, collision with diving board).
 - (4) Weyerhauser King County Aquatic Center.
 - (5) Access point Front entrance.
 - (6) The individual making call to the 9-1-1 dispatcher will meet the responding emergency personnel and escort them to the Natatorium and the injured diver.
 - (7) If the injury is **not** a medical emergency, the respective student-athlete's athletic trainer will manage the situation accordingly. They will be assisted by the Championships Medical Director or designee.
- 2. Non-student-athlete medical issues (on the pool deck).
 - Will be managed by the championships medical director or designee.
- 3. Spectator medical issues.
 - a. Spectators in the stands will ask nearest event staff worker or event security worker for assistance.
 - b. A Natatorium lifeguard will provide first aid to any spectator.

Miscellaneous Information

- 1. Emergency supplies provided for the championships.
 - a. Natatorium lifeguard staff.
 - (1) AED.
 - Located in Natatorium.
 - (2) In-water spine board (3).
 - Located in Natatorium.
 - (3) Rescue pole (5).
 - Located in Natatorium.
 - (4) Rescue ring (6).
 - Located in Natatorium on lifeguard stands.
 - (5) Rescue tube (6).
 - Located in Natatorium on lifeguard stands.
 - (6) BBP control kits.
 - Located in Natatorium on lifeguard stands.
 - b. Certified athletic trainers.
 - (1) Emergency vacuum immobilizer splints.
 - (2) Knee immobilizer.
 - (3) Crutches.
 - (4) OSHA supplies.
 - (5) Slings.
 - (6) Medical kit.

All located in athletic training room.

- c. Team physicians.
 - Physician kit (suture kit, etc.).
- 2. Telephone locations in/around the competition pools.
 - Land-line telephones are found in three locations.
 - a. In the "Control Room".
 - b. Front desk.
 - c. Lower classroom.
- 3. Medical facilities available for the championships.
 - Student-athlete health care is provided at St Francis Hospital. For the most urgent emergency medical
 issues that arise during the championships, St Francis Hospital will be the contact hospital. The
 hospital is located 1.4 miles from the pool. St Francis Hospital will also be used for non-urgent medical
 care (x-rays, MRI, clinical examinations, laboratory work).
 - a. Directions to St Francis, 34515 9th Ave S, Federal Way, Washington 98003.
 - (1) From the main entrance, turn left onto Campus Drive.
 - (2) Continue heading east on Campus Drive continuing on as it turns into 348th St.
 - (3) Turn Left onto 6th Avenue.
 - (4) Continue until you run into the hospital.

MERCHANDISE

Event1 is the official merchandiser for NCAA championships. Merchandise will be available at the pool in the spectator area and will be open each day of the competition 30 minutes before the competition starts and for about 30 minutes after the competition ends for the day. Please coordinate with Gabby Logozzo for any requests about purchasing.

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 <u>30 minutes</u> 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 https://visitfw.org/.

TEAM TRAVEL PARTY FORM (Page 1 of 2)

Institution:	_
Contact Prior to Arrival:	Official Travel Party:
Name/Title:	Diving Coach:
Office Phone:	Cell Phone:
Cell Phone:	Assistant Coach:
Approx. Practice Time Saturday:	Athletic Trainer:
	Cell Phone:
<u>Transportation and Accommodations:</u>	Administrator (if traveling):
Arrival Date: Time:	Cell Phone:
Hotel:	Media Relations:
	Cell Phone:
Ground Transportation (on-site):	Drug Testing:
# Vans:	Cell Phone:
** Limited number of reserved spaces available (one van/car permit will be provided)	Other (Please Specify):
Air Travel:	enter (Fieuse speeny).
Airline:	
Flight #:	
Athletic Training:	
Will your team bring a massage table?	
Yes No	
Coaches Meeting:	
Number attending coaches meeting:	

Due Wednesday, March 5, by noon Pacfific to Richard Marschner rmarschner@huntsman.utah.edu

TEAM TRAVEL PARTY FORM (Page 2 of 2)

Institution:		
<u>Student-Athletes:</u>		
1.	11.	
2.	12.	
3.	13.	
4.	15	
5	16.	
6.	17	
7.	18.	
8.	19	
9.	20	
10		

Due Wednesday, March 5, by noon Pacfific to
Richard Marschner
rmarschner@huntsman.utah.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:		