

2020 Division III Northeast / North Diving Regional Participant Manual

Hosted by Springfield College Art Linkletter Natatorium February 28-29, 2020

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Dear Coach:

I am pleased to welcome you and your team to Springfield College and the 2020 NCAA Division III Northeast - North Diving Regional. This event annually features some of the most outstanding diving student-athletes in the country.

Our staff has worked hard to prepare for this event and we pledge to do all we can to provide an outstanding competitive experience for you and your student-athletes. If there is anything we can do to make your stay more enjoyable please do not hesitate to contact our event management staff.

Sincerely,

Kevin Wood Meet Director

CHAMPIONSHIPS PERSONNEL

NCAA Representative Office Phone Cell Phone E-Mail

Kevin Alcox, Asst. Director - Championships 317-917-6085 317-749-9783 kalcox@ncaa.org Aaron King, Coordinator - Championships 317-917-6771 317-749-8375 aking@ncaa.org

HOST PERSONNEL

<u>Sport Administrator</u> Kevin Wood – Assoc. Athletic Director	Office Phone (413) 748-3166 Cell Phone 413-310-0064	Email kwood5@springfield.edu
<u>Championship Staff</u> Kevin Wood – Championship Director	Office Phone (413) 748-3166 Cell Phone 413-310-0064	Email kwood5@springfield.edu
Shawn Nally – Graduate Associate	Office Phone (413) 748-3484 Cell Phone 585-329-5321	Email snally@springfield.edu
Coaching Staff Pete Avdoulos – Head Coach Sierra Skaza – Graduate Assistant Coach Melanie Avdoulos – Volunteer Asst. Coach	Office Phone (413) 7483445	Email pavdoulos@springfield.edu sskaza@springfield.edu mavdoulos@springfield.edu
Facility Staff Janiece Holder – Director of Operations	Office Phone (413) 748-3412	Email jholder@springfield.edu
Athletic Communications Brian Magoffin – Assistant AD	Office Phone (413) 748-3341	Email bmagoffin@springfield.edu
Athletic Training Barclay Dugger, MEd, LAT, ATC Head Athletic Trainer	Office Phone (413) 748-3650	Email rdugger@springfield.edu
<u>Sports Marketing</u> Michelle Lee Scecina – Assistant AD	Office Phone (413) 748-3334	Email mscecina@springfield.edu

ORDER OF EVENTS

2020 (Even Years - All Regions)

DAY 1 Men's 3M & Women's 1M

DAY 2 Men's 1M & Women's 3M

Odd Years - All Regions

DAY 1 Women's 3M & Men's 1M

DAY 2 Women's 1M & Men's 3M

SCHEDULE OF EVENTS

(All times are local unless otherwise stated)

Friday, February 28

10 a.m. Coaches meeting

10:30 a.m. Boards open for warm up 2 p.m. Competition begins

Saturday, February 29

8:30 a.m. Boards open for warm up Competition begins 12 p.m.

WARM-UP SCHEDULE

Participants – 21 or more divers

Friday Saturday 10:00 a.m. Coaches meeting 10:30-11:30 a.m. 8:30-9:30 a.m. Open warm-up 11:30-Noon 9:30-10:00 a.m. Flight one warm-up Noon-12:30 p.m. 10:00-10:30 a.m. Flight two warm-up 12:30-1:00 p.m. 10:30-11:00 a.m. Flight three warm-up 1:00-1:45 p.m. 11:00-11:45 a.m. Open warm-up 1:45-2:00 p.m. 11:45-Noon Boards closed

Diving competition starts. 2:00 p.m. Noon

Participants – 20 or fewer divers

Friday

Saturday 10:00 a.m. Coaches meeting

This may be moved to 10:30 a.m.

if notice is given before Thursday of Regionals week

11:00-Noon 9:00-10:00 a.m. Open warm-up Noon-12:30 p.m. 10:00-10:30 a.m. Flight one warm-up 10:30-11:00 a.m. Flight two warm-up 12:30-1:00 p.m. 1:00-1:45 p.m. 11:00-11:45 a.m. Open warm-up 1:45-2:00 p.m. 11:45-Noon Boards closed

2:00 p.m. Noon Diving competition starts.

QUALIFYING PROCEDURES

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

Qualifying Procedures

Each regional diving meet will be given a fixed number of NCAA championship qualifiers to ensure equitable access opportunities. This number will be determined by the number of divers eligible to compete in a given region who have submitted all necessary information to compete in regional competition. At the end of the qualification period, all divers eligible to compete in a regional meet, as determined by the criteria listed, will be assigned to their geographic region. The number of eligible divers at each region will be divided by the total number of eligible divers at all regions then multiplied by 24 for men and 29 for women to determine the ratio for assigned qualification spots. Regardless of ratios, no region will have less than two qualifiers. The regional qualification allocation shall be posted on ncaa.org by Thursday, February 26, 2020. Qualifiers for the NCAA Division III Men's and Women's Swimming and Diving Championships will be determined through the processes listed on page 18 of this manual.

Number of Qualifying Spots per Regional for 2020 -- (Will be updated after March 1)

<u>Women</u>	<u>Men</u>
Region 1	Region 1
Region 2	Region 2
Region 3	Region 3
Region 4	Region 4

ART LINKLETTER NATATORIUM

The Art Linkletter Natatorium is home to the Springfield College Pride Men's and Women's Swimming and Diving teams. The facility is located at 263 Alden Street, Springfield, MA 01109.

The diving well is 12.5 feet deep and has two 1-meter springboards and two 3-meter springboards.

<u>Directions to Art Linkletter Natatorium</u>

GPS Address for the Athletic Facilities: 400 Alden St Springfield, MA 01109

General College Address:

263 Alden St

Springfield, MA 01109

From Points East and West

- Mass. Pike to Exit 6
- Left on 291 East
- Proceed one mile to Exit 5
- At end of exit ramp turn right onto Route 20A
- Move into left lane on Route 20A
- At first traffic signal turn left onto Roosevelt Ave.
- Proceed three miles to Alden Street
- At traffic light turn right onto Alden Street
- The Linkletter Natatorium is on the right side of the street a few hundred feet after passing under the arch

From Points North

- 91 South
- Merge onto 291 East
- Proceed to Exit 5-B (20A West, East Springfield)
- At end of exit ramp turn right onto Route 20A
- Move into left lane on Route 20A
- At first traffic signal turn left onto Roosevelt Ave.
- Proceed three miles to Alden Street
- At traffic light turn right onto Alden Street
- The Linkletter Natatorium is on the right side of the street a few hundred feet after passing under the arch

From Points South

- 91 North
- Exit 2 (in Massachusetts)
- Follow Routes 83 21 to traffic signal
- Turn right at signal onto Sumner Avenue
- Proceed 2 miles to Roosevelt Ave.
- Turn left onto Roosevelt Ave.
- Proceed through two traffic lights, turn left at the next light, and cross a short bridge. At the light after the bridge, turn left onto Alden Street.
- The Linkletter Natatorium is on the right side of the street a few hundred feet after passing under the arch.

TEAM PARKING/ENTRANCE

Bus Parking

If travelling via bus, please contact Shawn Nally at snally@springfield.edu for instructions.

Team Vans/Cars

Please see the map on the next page for the location of team vehicle parking. Each team will be allotted one parking permit for Lot 10. If possible, please indicate the driver's name on the Team Travel Party Form found later in this manual. Parking for additional vehicles will be available in the general spectator parking lots.

Spectator Parking

Please see the map on the next page for available parking lots for spectators. Lot 10 will be Championship Preferred Parking, with passes available on a first-come basis for \$10 per day. All other surrounding lots will be free.

Natatorium Entrance

Participants and spectators will enter the Natatorium via the main lobby, as indicated by the red arrow on the map on the next page.

PARKING MAP





Additional Free Spectator Parking Lots



Lot 10, Team Vehicle Parking (as well as Championship Preferred Spectator Parking @ \$10 per day)

CREDENTIALS

Lanyard credentials will be issued to all coaches, athletic trainers and other staff listed in the official travel party. Student-athletes will receive bag-tag credentials in the coaches' packet at the Friday morning coaches' meeting. Credentials will gain staff and student-athletes access to areas closed to spectators, such as the pool deck. Credentials must be worn at all times while on-site.

Please fill out the Team Travel Party Form later in this manual to ensure we have the proper number of credentials made for your staff upon arrival.

COACHES' MEETING

A mandatory coaches' meeting will be held Friday, February 28 at 10:00 a.m. on the pool balcony. Each coach will receive their championships packet containing credentials and updated information pertinent to the championships at this meeting. The judges' panel will be determined by random selection in this meeting.

CONCESSIONS

Concessions will be available on the balcony level, adjacent to the spectator bleachers. A variety of hot foods, snack items, and bottled beverages will be available starting one hour before competition through the conclusion of the competition each day.

DRUG TESTING

All student-athletes may be 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 drugtesting program is located at www.ncaa.org/drugtesting.

EMERGENCY CONTACTS

Emergency: 911

Springfield College Campus Police: (413) 748-5555 City of Springfield Police Department: (413) 787-6302

HOSPITALITY

Assorted snacks and beverages will be available for student-athletes, coaches and team personnel. More information will be disseminated at the coaches meeting. *All hospitality areas will require credentials to access.*

LOCKERS

Participant locker rooms are located just off of the pool deck. Participats will not have assigned lockers. Participants will be responsible for their personal items. Bags can be placed on or under the bleachers on the pool deck. The host site is not responsible for lost or stolen items.

MEDIA INFORMATION

Event Results

Live results will be available at https://springfieldcollegepride.com and www.divemeets.com. Results will also be placed in the hallway adjacent to the spectator bleachers.

Credentials

All media members and athletic communications staff interested in covering the championships should submit requests to Brian Magoffin to obtain a media credential.

General Information

- Wireless Internet access is available without a password throughout campus via the network named "SC-Guest."
- There will be no designated interview area or media work area. Please contact Brian Magoffin to make any such arrangements.

MEDICAL INFORMATION

The following information is being provided to assist you in the care and treatment of all visiting teams and student-athletes. Please contact the head athletic trainer if you have any questions or concerns.

Barclay Dugger, MEd, ATC, LAT rdugger@springfield.edu
Coordinator of Athletic Training Services

Office: 413-748-3650 Cell: 413-478-8107

SERVICES AVAILABLE

Staff Coverage:

One certified athletic trainer will be on site at the Natatorium for the duration of the competition each day. A physician will be on call throughout the championship.

Athletic Training Room:

Located in the Physical Education (PE) Complex. Pre-event taping and wrapping will be performed provided visiting team provides all necessary supplies. The athletic training room will be open one hour before practice and two hours before competition. There is no food or drinks allowed in the athletic training

room. All student-athletes must dress in dry clean clothes and shoes must be removed before entering the athletic training room. After completing treatment each student-athlete is responsible for wiping clean his/her treatment table with a sanitary wipe.

Treatments:

Ice and ice cups are available. Modalities such as, Hydrocollator packs, Whirlpools, Ultrasound and Electric Stimulation may be utilized by the visiting certified athletic trainer traveling with a team.

Please Note: IF A CERTIFIED ATHLETIC TRAINER IS NOT TRAVELING WITH THE TEAM SPRINGFIELD COLLEGE REQUIRES THE FOLLOWING, A WRITTEN NOTE FROM THE ATHLETIC TRAINER OR A PRESCRIPTION FROM A PHYSICIAN WILL BE NEEDED FOR THE SPRINGFIELD COLLEGE ATHLETIC TRAINING STAFF TO APPLY HEAT MODALITIES ON VISITING STUDENT- ATHLETES. SPRINGFIELD COLLEGE ATHLETIC TRAINING STAFF WILL NOT TREAT ANY VISITING STUDENT-ATHLETES WITH ELECTRIC MODALITIES.

LOCAL HOSPITALS:

Mercy Medical Center Bay State Medical Center 759 Chestnut Street 271 Carew Street Springfield, MA 01104 Springfield MA 01199 (413)748–9000 (413) 794-0000

LOCAL WALK-IN CLINICS

MedExpress Urgent Care **AFC Urgent Care** 430 Cooley Street 415 Cooley Street #3 Springfield, MA 01128 Springfield, MA 01128 (413) 782-0320 (413) 782-4878

EMS: An ambulance is available as needed. The host ATC will assist you to activate EMS. Activate by calling campus police at (413) 748-5555.

Important EMS Contact Information:

Campus Police/EMS: (413) 748-5555

Athletic Training Room: (413)748-3406

Contest Set-up and Supplies

Equipment: Ice, plastic bags, coolers and splint kits are standard set-up supplies. Crutches, knee immobilizers, slings, and spinal immobilization equipment are on hand for emergencies. Immediate care supplies may be loaned to visiting injured athletes when necessary.

Host Emergency Medical Plan

Springfield College Athletic Training Emergency Plan for Art Linkletter Natatorium

Department of Public Safety (413) 748-5555 or extension 5555

EMERGENCY PERSONNEL

This emergency plan should be activated in response to catastrophic injuries and illnesses, including but not limited to concussions, heat illness, spine injury, cardiac arrest, respiratory distress (asthma), sickle cell trait collapses, fractures and dislocations.

Emergency Equipment

Trauma kit, splint kit, oxygen & AED is quickly accessible to all venues. This emergency equipment is under the control of the athletic training staff during all Intercollegiate competitions.

An AED and Back Board are accessible at the Life Guard station on the pool deck.

Role of First RESPONDER/LIFE GUARD

The pool Life Guard becomes the First Responder in the water. Acute care in an emergency situation should be provided by the most qualified individual on the scene.

- 1. Assess and care for injured athlete
- 2. Retrieve emergency equipment
- 3. Activate EMS:
 - a. Call campus police dispatch at (413)748-5555, provide name, location, telephone number, number and condition of injured.
- 4. Assist EMS at injury scene,
 - a. Campus police will assist the ambulance to the scene.
 - b. Scene Control: limit scene to first aid providers and move bystanders away from area.

MERCHANDISE

Event1 is the official merchandiser for NCAA championships. Merchandise will be available on the balcony level adjacent to the spectator seating starting one hour prior to the start of the day's events. It will remain open throughout competition.

UNIFORMS

Regulations regarding uniforms for divers are detailed in Rule 3 of the 2019-20 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.

LODGING

Springfield College Athletics Partner Hotel

Hampton Inn of West Springfield 1011 Riverdale St W. Springfield, MA 01089 (413) 732-1300

For additional options visit the Greater Springfield Convention and Visitors Bureau online at https://explorewesternmass.com/lodging/

DINING

Preferred Dining			
Springfield College Dining Service Aramark (413) 748-3205	Richard B. Flynn Student Union (Subway, Dunkin Donuts, Burger Studio) (413) 748-3042	Frankie & Johnnie's 35 Island Pond Rd Springfield, MA 01118 (413) 734-6773	
Quick Options			
Domino's Pizza 624 Boston Rd Springfield, MA 01119 (413) 782-8601	Peppa's Xpress 1060 Wilbraham Rd Springfield, MA 01109 (413) 796-7859	Hot Table 455 Breckwood Blvd Springfield, MA 01109 (413) 782-8800	
Casual Dining			
Red Rose Pizzeria 1060 Main St Springfield, MA 01103 (413) 739-8510	Panera Bread 450 N. Main St East Longmeadow, MA 01028 (413) 525-8006	Ninety Nine 390 N. Main St. East Longmeadow, MA 01106 (413) 525-9900	
Chili's 302 Cooley St Springfield, MA 01128 (413) 426-9507	Uno Chicago Grill 820 Hall of Fame Ave Springfield, MA 01105 (413) 733-1300	Olive Garden 1380 Boston Rd Springfield, MA 01119 (413) 783-9003	
Tony's Pizza 108 Boston Rd Springfield, MA 01109 (413) 732-6600 Banquet room avail.			

For additional options, visit the Greater Springfield Convention and Visitors Bureau online at https://explorewesternmass.com/restaurants/

TRANSPORTATION

Airports		
Bradley International Airport Windsor Locks, CT http://www.bradleyairport.com/	Logan International Airport Boston, MA http://www.massport.com/log -airport/	Airport
	Train	
	Amtrak 66 Lyman St Springfield, MA 01103 (800) USA-RAIL	
Bus		
	King Ward 70 Justin Drive Chicopee, MA 01022 (413) 539-3939	
Car Rental		
Enterprise Rent-A-Car 765 E. Columbus Ave Springfield, MA 01105 (413) 739-2344	Avis 711 Dwight Street Springfield, MA 01104 (413) 733-3092	Budget 1500 State St Springfield, MA 01109 (413) 732-5192
Thrifty 80 Baldwin St West Springfield, MA 01089 (413) 734-7368	Alamo Bradley Int'l Airport (888) 826-6893	AVIS Bradley Int'l Airport (860) 627-3500
Budget Bradley Int'l Airport (860) 627-3700	Hertz Bradley Int'l Airport (860) 627-3850	National Bradley Int'l Airport (860) 627-3470

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 Tuesday:	Athletic Trainer:
	Cell Phone:
<u>Transportation and Accommodations:</u>	Administrator (if traveling):
Arrival Date: Time:	Cell Phone:
Hotel:	Media Relations:
Current Turner autation (an aita)	Cell Phone:
Ground Transportation (on-site):	Drug Testing:
# Vans/cars, with driver name(s)	Cell Phone:
** Limited number of reserved spaces available (one van/car permit will be provided) Air Travel:	Other (Please Specify):
Airline:	
Flight #:	
Athletic Training:	
Will your team bring a massage table? Yes No	
Coaches' Meeting:	
Number attending coaches' meeting:	

TEAM TRAVEL PARTY FORM (Page 2 of 2)

Institution:		
Student-Athletes:		
1	11.	
2	12.	
3	13.	
4	14.	
5	15.	
6.	16.	
7	17.	
8	18.	
9	19.	
10	20	

Due Wednesday, Feb. 26 by midnight to Kevin Wood kwood5@springfield.edu

DIVING TIEBREAKER

(Applies to ties on an individual board to identify order of finish)

In the event of a tie between two or more divers from a regional qualifying meet, the tie will be broken by comparing each of the diver's total optional score on the board in which the tie has occurred. The diver with the highest total optional score would have the higher finishing position at their regional event. In the event there is a tie on the total optional score, the tie will be broken by the higher place on the opposite board. If one competitor is not competing on the opposite board, the competitor who is competing on the opposite board automatically will receive the higher selection position. All ties must be broken prior to diving qualifications/allocations being identified.

DIVING QUALIFICATION

(Applies to identification of each allocated spot)

When all results are made final, including any tiebreakers, the allocated spots will be determined as follows (refer to the Diving Selection Criteria for the allocation formula):

- 1. First place finishers from each board will be selected, using two of the allocated spots. If the same person finishes first on both boards, only one allocation will be used for that athlete.
- 2. Next, second place finishers from each board will be selected, using two of the allocated spots. If the same person finishes second on both boards, or one/both of the athletes have already been selected, only one or no allocations will be used.
- 3. This will continue with each finishing spot (third, fourth, fifth, etc.) until all the allocated spots have been assigned for each region.
- 4. If there is one allocation left and two divers who have not been selected are up for qualification, finishing in the same ranking on each board, the committee will use the divers combined score made up of their one-meter and three-meter scores. The competitor who has the highest score will be invited to the meet, earning the final allocation.

DIVING PROTEST PROCEDURE

- At the coaches' meeting, a meet committee must be designated who will hear and decide all protests.
- The committee shall consist of five coaches to be selected at the coaches' meeting. An alternate coach should also be identified in the case one of the initial coaches' student athletes is involved in the protest.
 The site representative and head referee will serve as advisors (non-voting).
- 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.
- A member of the meet committee must call Kevin Alcox (317-917-6085) 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.
- The meet committee will communicate back to the protesting coach what action they agreed upon.
 All protests are final once action has been taken.



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 a race 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:			