



**2024 Division III
Colby College Diving
Regional
Participant Manual**

Hosted by Colby College
Harold Alfond Athletic & Recreation Center
March 1st and 2nd, 2024

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WELCOME

Dear Coach:

I am pleased to welcome you and your team to Colby College and the 2024 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,

Ben Steinkamp

Ben Steinkamp
Tournament Director

CHAMPIONSHIPS PERSONNEL

NCAA Representative

Will Hopkins, Associate Director of
Championships

Office Phone

317-917-6779

Cell Phone

317-363-0843

E-Mail

whopkins@ncaa.org

COLBY COLLEGE ATHLETICS CONTACT INFORMATION

Administration

Mike Wisecup | Vice President and Harold Alfond Director of Athletics | 207-859-4900 |
mwisecup@colby.edu

Casie Runksmeier | Deputy Athletic Director/Senior Woman Administrator | 207-859-4941 |
crunksme@colby.edu

Tom Burton | Associate Athletic Director/Head Coach of Swimming & Diving | 207-859-4922 |
tkburton@colby.edu

Nicki Veilleux | Associate Athletic Director/Business Operations/Diversity, Equity, and Inclusion
Coordinator | naveille@colby.edu

Ben Steinkamp | Assistant Athletic Director/Facilities and Operations | 207-859-4905 |
bsteinka@colby.edu

Tournament Director

Ben Steinkamp | Assistant Athletic Director/Facilities and Operations | 207-859-4905 |
bsteinka@colby.edu

Sports Medicine

Tim Weston | Associate Athletic Director/Sports Medicine | 207-859-4970 | tsweston@colby.edu

Merdith Atwood | Staff Athletic Trainer | 207-859-4970 | maatwood@colby.edu

Sports Information

Danny Noyes | Associate Athletic Director/Communications and Digital Strategy | 207-859-4940 |
dwnoyes@colby.edu

ORDER OF EVENTS

2024 (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, March 1

10:30 a.m.

Boards open for warm up

10 a.m.

Coaches meeting- WoodPEC 306

2 p.m.

Competition begins

Saturday, March 2

8:30 a.m.

Boards open for warm up

12 p.m.

Competition begins

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

2:00 p.m.

Noon

Diving competition starts.

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

12:30-1:00 p.m.

10:30-11:00 a.m.

Flight two 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

2:00 p.m.

Noon

Diving competition starts.

***Please note: At the conclusion of the first event, the boards will open for one hour to accommodate an event warm up for the second event. The boards will then be cleared after one hour, in preparation for the second event. This event will begin 75 minutes after the conclusion of the first event. Please note that only divers entered in the event will be permitted to participate in this event warm up.**

QUALIFYING PROCEDURES

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

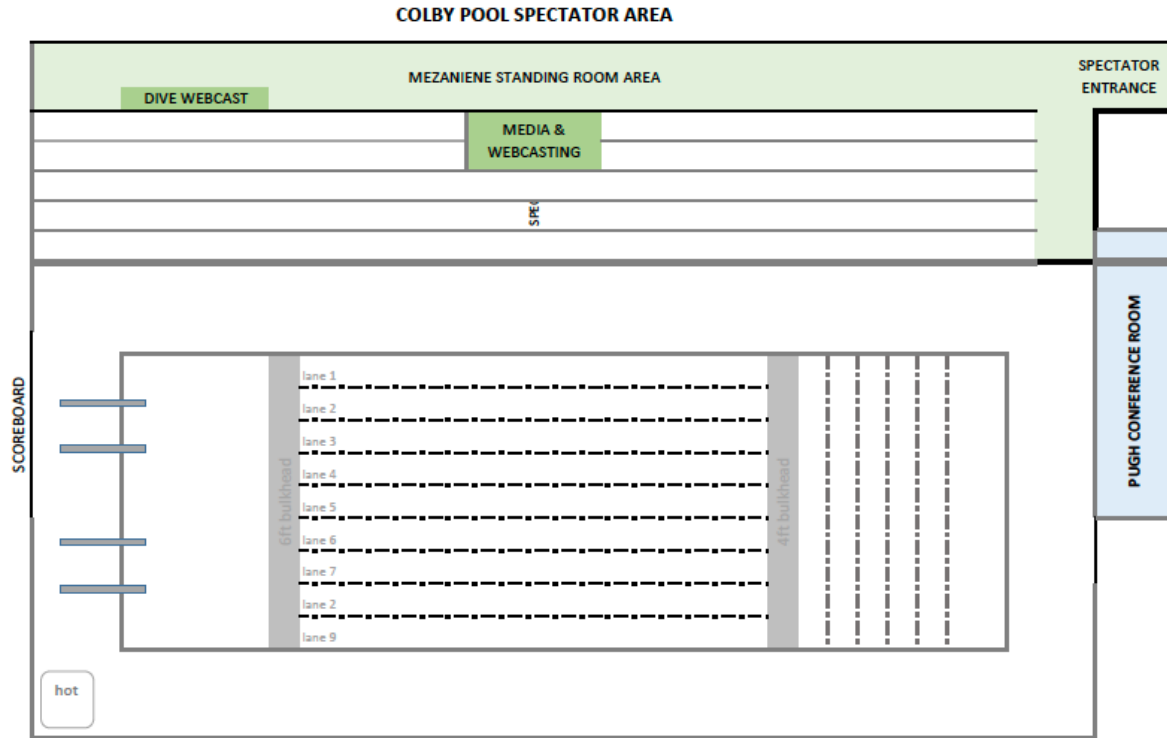
Qualifying Procedures

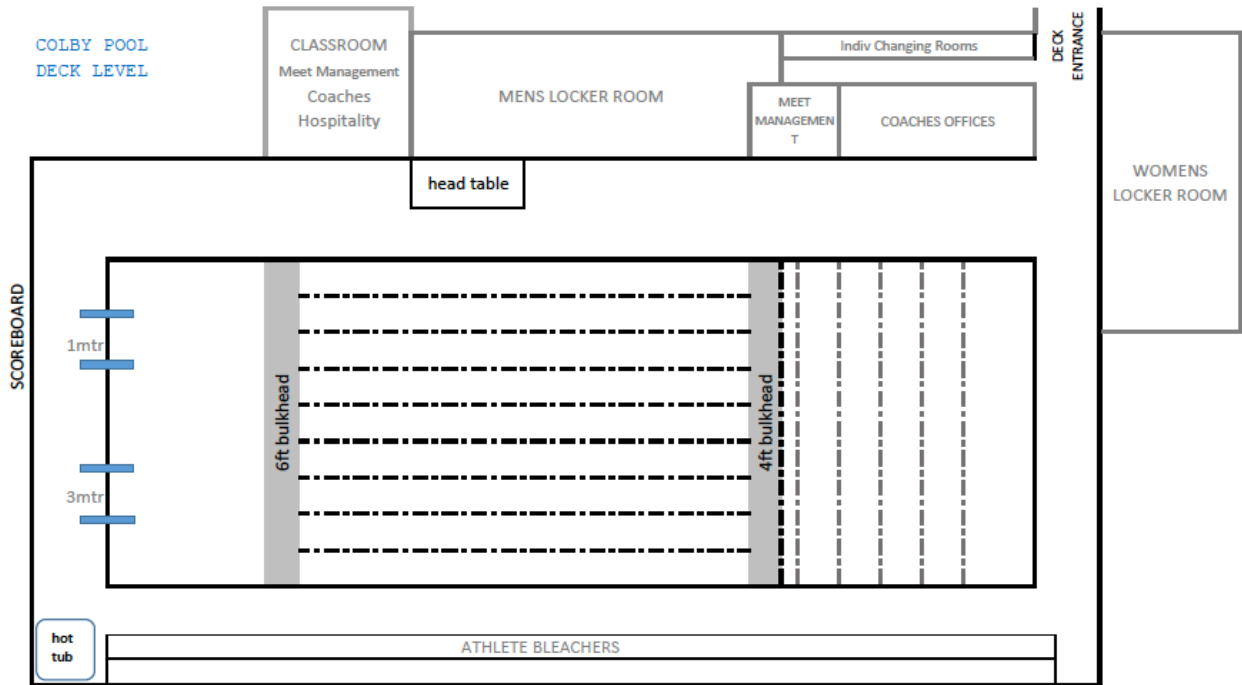
Each regional diving meet will be given a fixed number of NCAA championship qualifiers to ensure equitable access opportunities. This number will be determined by the number of divers eligible to compete in a given region who have submitted all necessary information to compete in regional competition. 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 29th, 2024.** 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 2024

Women		Men	
Region 1	8	Region 1	6
Region 2	8	Region 2	7
Region 3	8	Region 3	6
Region 4	5	Region 4	5

Pool Diagram





TEAM SEATING:

Areas #7 & #5 = two 3-tier 10-foot wide bleachers
 All Other Numbered Areas = one 4-tier 12-foot wide bleacher

LODGING

Here are some suggested hotels in the area (rooms have not been blocked) – there are more options in Augusta, if need be:

Hampton Inn
425 Kennedy Memorial Dr
Waterville, ME 04901
207-873-0400

Holiday Inn Express & Suites
332 Main St.
Waterville, ME 04901
207-873-2777

Best Western Plus
375 Main St.
Waterville, ME 04901
207-873-0111

Hampton Inn
388 Western Ave
Augusta, ME 04330
207-622-4077

Maine Evergreen Hotel
65 Whitten Rd
Augusta, ME 04300
207-622-3776

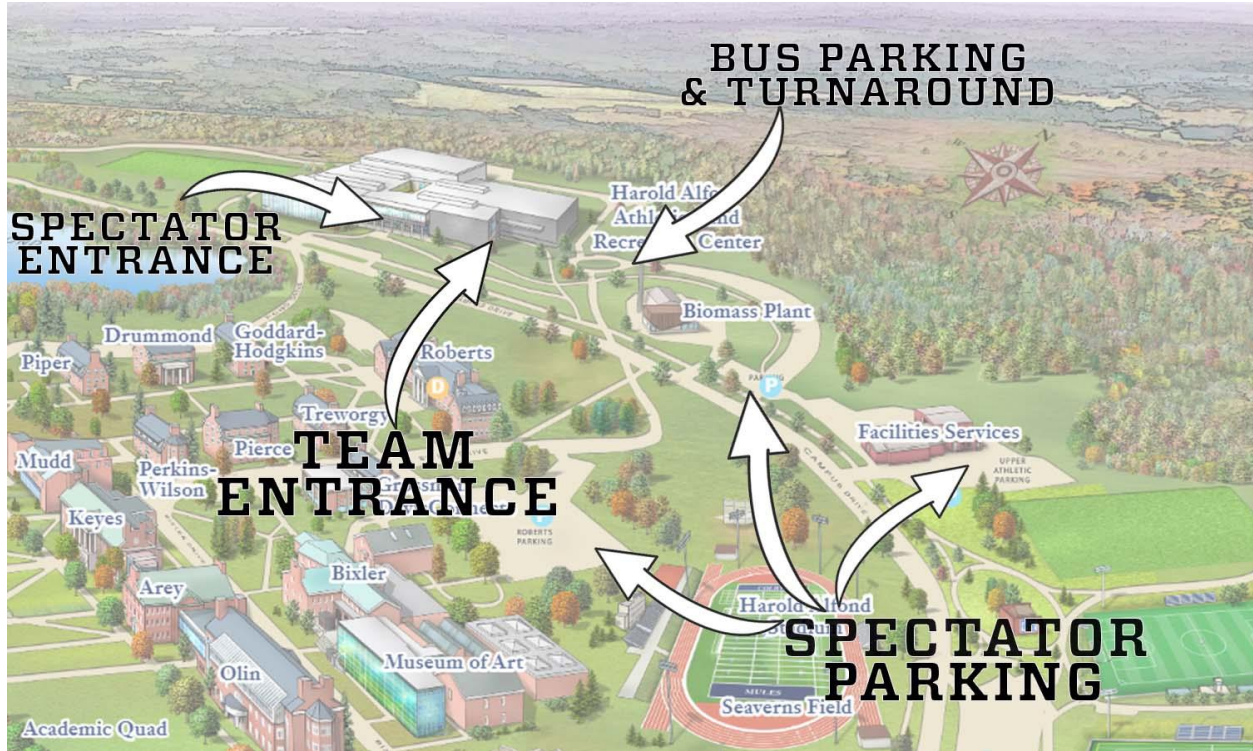
Homewood Suites by Hilton
377 Western Ave
Augusta, ME 04300
207-480-2050

DIRECTIONS & PARKING/DROP-OFF

COLBY ATHLETICS & RECREATION

HAROLD ALFOND ATHLETICS & RECREATION CENTER [HAARC]

4900 MAYFLOWER HILL, WATERVILLE, ME 04901



CREENTIALS

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 (Pages 16-17) 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, March 1st at 10 a.m. at the Harold Alfond Athletic and Recreation Center – A104, Aquatics Classroom. 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 during the event.

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 drug-testing program is located at www.ncaa.org/drugtesting.

The Colby Sports Medicine staff will secure a large, private room for drug testing. The space will be large enough to accommodate the collection crew, selected student-athletes, a team representative, and the drug-testing site coordinator. Fully equipped bathrooms must be in or nearby the collection station.

EMERGENCY CONTACTS

Emergency: 911

Important Campus Numbers

Colby Campus Security: Emergency..... 207-859-5911

HOSPITALITY

Coaches/Championship Staff

Snacks and Drinks will be provided in the Harold Alfond Athletics and Recreation Center - A104, Aquatics Classroom

Student-Athletes

Snacks and drinks will be provided in the Harold Alfond Athletics and Recreation Center – A205, Pugh Family Hospitality Room

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

LOCKERS

Team locker rooms are located right outside of the pool area. The entrance will be available through the main hallway of the first floor. Participating teams will not have assigned lockers.

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

Colby Athletics Communications will deliver results to participating institutions. A live video stream of the event will be available at www.nsnsports.net/colleges/colby.

Credentials

All media members and SIDs interested in covering the championships should submit credential requests to Danny Noyes, dwnoyes@colby.edu.

General Information

- The Harold Alfond Athletics and Recreation Center has public wifi throughout, using *Colby Guest Access* and signing in as a guest. For anyone needing specific work space, please communicate directly with Danny Noyes, dwnoyes@colby.edu.
- There will be no designated interview area. Please contact Danny Noyes, dwnoyes@colby.edu to make interview requests.

MEDICAL INFORMATION

The athletic training suite is located on the first floor of the Harold Alfond Athletics and Recreation Center in Room E107, on the left-hand side as you enter the lower Team Entrance. Colby College Sports Medicine staff will provide on-site medical services for all competitors, we do request that you provide your own medical supplies. A certified athletic trainer will be located on deck during competition. Throughout scheduled practice and warm-ups times a certified athletic trainer will be available in the athletic training room. The athletic training room will be closed for treatment during competition.

The Colby College sports medicine staff will provide:

- Pre-competition taping and bandaging as long as you provide the necessary supplies
- Emergent care and medical assistance for acute injuries/illness
- Modality treatments will be available in the athletic training room upon request of visiting institutions Athlete Trainer.
- Water, ice and hand sanitizer, vacuum splints, crutches, an AED, and spill kit will be at the practice/competition site should a need arise.
- Sports medicine physician available via phone for consultation

AT Staff:

Meredith Atwood, Tournament Athletic Trainer Coordinator – (423)-322-7235 Cell

Tim Weston, Director of Sports Medicine – (207)-649-6967 Cell

Emily Vartabedian, Assistant Head Athletic Trainer – (207)-509-9934 Cell

Emergency Telephone Numbers:

Waterville Fire/Rescue/Delta Ambulance contacted via Colby College Security – (207)-859-5911

Colby College Security (non-emergencies) – (207)-859-5530

MaineGeneral Hospital (Thayer Unit) – (207)-872-1000

MaineGeneral Express Care - (207) 877-3450

MERCHANDISE

Event1 is the official merchandiser for NCAA championships. Merchandise will be available at the entrance to the pool starting 60 minutes 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 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.

NCAA Regional Judging Panel Selection Form

*Use this form to aid in the selection of judges for each day/event. (Makes copies as necessary.)

1. Fill out the respective Regional form as names are pulled.
2. Identify the number of institutions competing/judges available; this will determine the number of judges need.
3. Draw names by random selection and complete the respective column.
4. Head Referee will be hired by host sites and used as Head Referee and Judge for all Panels.
5. The Head Referee will name an assistant Referee for each panel.
6. If a coach coaches 2 institutions, a representative from both institutions will be in the judging pools. However, both representatives cannot serve on the same panel. The selection process in this instance will be following:
 - a. Both institutions are entered into the selection pool.
 - b. For the 6-12 judge panels, once one institution is selected for Panel A, the other institution is automatically put on Panel B or vice versa. (There is no opportunity for the 2nd institution to be selected for Panel A&B).
 - c. In the 13+ judge panel, once one institution is selected for Panel A, the 2nd institution is taken out of consideration for Panel A. The second institution is then put back out for selection for Panel B.

If neither institution is selected for Panel A, once one is selected for Panel B, the other institution is removed from the pool.

The NCAA Rep on site will manage the Judges Selection process.

	6 Judges	7 Judges	8 Judges	9 Judges	10 Judges	11 Judges	12 Judges
Head Referee	Panel A & B	Panel A & B	Panel A & B	Panel A & B	Panel A & B	Panel A & B	Panel A & B
Selection 1	Panel A & B	Panel A	Panel A	Panel A	Panel A	Panel A	Panel A
Selection 2	Panel A & B	Panel B	Panel A	Panel A	Panel A	Panel A	Panel A
Selection 3	Panel A & B	Panel A & B	Panel B	Panel A	Panel A	Panel A	Panel A
Selection 4	Panel A & B	Panel A & B	Panel B	Panel B	Panel A	Panel A	Panel A
Selection 5	Panel A & B	Panel A & B	Panel A & B	Panel B	Panel B	Panel A	Panel A
Selection 6	Panel A & B	Panel A & B	Panel A & B	Panel B	Panel B	Panel B	Panel A
Selection 7		Panel A & B	Panel A & B	Panel A & B	Panel B	Panel B	Panel B
Selection 8			Panel A & B	Panel A & B	Panel B	Panel B	Panel B
Selection 9				Panel A & B	Panel A & B	Panel B	Panel B
Selection 10					Panel A & B	Panel B	Panel B
Selection 11						Panel A & B	Panel B
Selection 12							Panel B
Selection 13+							

Judging Rounds:

- Panel A (Rounds 1-3)**
- Panel B (Rounds 4-5)**
- Panel A (Rounds 6-8)**
- Panel B (Rounds 9-11)**

TEAM TRAVEL PARTY FORM (Page 1 of 2)

Institution: _____

Contact Prior to Arrival:

Name/Title: _____

Office Phone: _____

Cell Phone: _____

Approx. Practice Time Tuesday: _____

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): _____

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. 22nd by midnight to Ben Steinkamp, bsteinka@colby.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 30 minutes of the final diving results of that particular event.
- A member of the meet committee must call Will Hopkins (317-917-6779) 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: _____