

2023 Diving Championship Meet

Wednesday, July 26, 2023



Hosted by Lehigh Country Club

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| Date | Wednesday, July 26, 2023 |
| Location | Lehigh Country Club 2319 S. Cedar Crest Blvd. |
| Meet Contact | Katie Bisbing- Swimteam@lehighcc.com |
| Session Timeline | A more specific timeline will be sent after entries have been received. 3:00 pm: Warmups for 12 & Unders 4:00 pm: Unders Portion of the Meet 5:30 pm: Warmups for Overs (approximate based on ending time of overs) 30 minutes after overs warm up: Overs Portion of the Meet |
| Warm Up & Meet Sessions | See list below for warmup days in morning. 12 & Unders: 3:00 pm the day of the meet 13 & Overs: 5:30 pm (approximate based on ending time of overs), meet will start 30 minutes after warmups begin. |
| Eligibility | As outlined by league rules |
| Entry Deadlines | Friday, July 21 st via email to swimteam@lehighcc.com |
| Entry Format | All diving coaches must submit the championship diving sheet (4 dive meet) via email. Sheets linked here. In your email, please provide the name and age group of each diver. Verify the dive name, number, and degree of difficulty match. Changes will be able to be made to a dive sheet up to 30 minutes prior to the start of the event. |
| Rules | This meet will be conducted in accordance with all current NFHS rules and the ABE League adoptions. |
| Events | Girls 12 & Under Diving Boys 12 & Under Diving Girls 13 & Over Diving Boys 31 & Over Diving |
| Awards | Will be handed out at the conclusion of the event. These can also be picked up at championships at KBGH. |
| Parking | Please enter the club through the gates on Cedar Crest Blvd. As you follow the driveway, please follow the signs to the parking lot. |
| Seating | Divers are able to gather with their team in an area around the diving well. Limited seating is available at the pool, we do suggest bringing your own chairs. |
| Grounds | Please observe all roped off areas. All other pools will be closed during the meet. |
| Concessions & Food | A full cash snack bar will be available at the pool snack bar as well as cash buffet in the Four Seasons room. All athletes dining in the Four Seasons room are required to have a coverup and shoes on. |

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| First Aid | First aid will be available in the pool office. |
| Rest Rooms & Changing Areas | Located down the stairs to the left of the guard house. Please make sure to wear shoes while in these areas. |
| Updates & announcements | Any updates, announcements or weather updates will be communicated to coaches and club representatives. Coaches and club representatives are expected to pass updates along to their teams. |
| Code of Conduct | Please adhere to all ABE League code of conduct policies and respect the rights of all participants in the meet. |

Diving Championship Warm Ups

The diving well will be available from 10am-12 am for team warmups, allowing participants to become acclimated with the boards. If a team is unavailable to make their assigned day, please attempt to switch with a different team. Only athletes and alternates entered in championships should be in using the boards during these times. Athletes are not able to use the boards until their coach is on deck. None of the other pools are open for used during this time. The snack bar will open at 11am.

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| Thursday, July 20th: Brookside CC Lehigh CC Saucon Valley CC | Monday, July 24th: Westwood Stones Crossing Kaybrook |
| Friday, July 21st: Trident Northwest Stonecrest | Tuesday, July 25th: Orchard View Alburtis |
| Wednesday July 26th: Open warmups to all pools | |