



Informational Packet

Monday July 6, 2026 @ 8:00 am

Hosted by: Terrace Park Swim Club

Meet Director: Emma Meinking

Terrace Park Dive Reps: Jeff Kramer

Jeff.G.Kramer@gmail.com and Kate Foxbower

Kfoxbower@gmail.com

Eligibility: To be in compliance with our league rules, the diver must be a paid member of their club and have participated in two dual meets. For details see <https://sevenhillsleague.swimtopia.com/documents>. Intra-squad meets (properly judged and documented) and diving exhibition in a regular season meet does count towards the two-meet participation rule for champ meet eligibility. The meet director has the discretion to question the status of a diver and their paid membership. According to the Seven Hills League Rules (I. General, Rule #14), a team may be fined \$100 if they enter a non-club diver in the championship meet.

Entries: The Seven Hills League uses the eDive software to run all dual and championship meets. The League eDive Coordinator, Emma Meinking, will collect all eDive data (entries) and will be running the meet. Coaches, please submit entries on or before **Monday, June 29th**. Please email or call with any questions or concerns at emmafrye4@gmail.com or 513-290-8676.

Warm ups: Open warm-ups will be on Sunday, July 5th. The dive well will be closed for only divers from teams at their assigned time. Due to the holiday weekend and to limit disruption, we will have morning and evening warmup sessions on Sunday July 5th. The team assignments are as follows:

July 5th Morning Warmups:

Miami Hills: 9:00 – 10:00am

Turpin Hills: 10:00-11:00am

Forest Hills: 11:00-12:00pm

July 5th Evening Warmups

Terrace Park 6:00 - 7:00pm

Indian Hill: 7:00 - 8:00pm

Normandy: 8:00-9:00pm

Order of Events:

***There will be an estimated timeline sent out on or before Friday, July 3rd.**

7:00-7:50 am 13 & Over Open Warm-Ups

7:50am National Anthem / Senior Recognition

8:00 am 15-18 Girls & Boys (Combined Event)

13-14 Girls

13-14 Boys

11-12 Girls

Lunch Break: 30 Minutes

11-12 Boys

9-10 Girls

9-10 Boys

8 & U Girls

8 & U Boys

There will be a 15-20 minute warm-up period prior to each event with the exclusion of 15-18 girls and boys. During this time, awards from the previous event, both individual and team high point, will be presented.

Table Worker

Each team will supply **one** table worker to work at the score table for one age group during the meet. The worker will serve as the master scorer during the event and will help with awards at the end of the event.

Team assignments for score tables are as follows:

15-18 group- Forest Hills

13-14 group- Miami Hills

11-12 group - Turpin Hills

9-10 group - Normandy

8 & under - Indian Hill

Awards: After each event the top 12 divers will be called to the awards stand and presented with awards. The top 3 finishers will receive medals and 4th-12th place will receive ribbons that are provided by the Seven Hills League. Team high point awards will be given after each event. The overall score will be announced at the end of the meet. Team points are awarded as follows:

1. 1st place-15 points
2. 2nd place-12 points
3. 3rd place- 10 points
4. 4th place-9 points
5. 5th place-8 points
6. 6th place- 7 points
7. 7th place- 6 points
8. 8th place-5 points
9. 9th place-4 points
10. 10th place-3 points
11. 11th place-2 points
12. 12th place- 1 point

Judges: The host club will hire five experienced, non-affiliated judges to officiate the Champs Meet.

Venue: There will be seating on the pool deck to accommodate the expected large crowd. NO OUTSIDE CHAIRS ON POOL DECK ALLOWED. Terrace Park concessions will be available for purchase. We will have limited breakfast items available and grilled items from 11a-2p.

Parking: The Terrace Park lot should accommodate all vehicles. Overflow parking is available at the nearby athletic fields (DO NOT PARK ON THE GRASS).

Facility Layout:

Each team will be provided with a table and chairs shown below to the left of concessions. Additional room in the grass for teams is shown at the bottom. Feel free to bring a pop-up canopy for set-up on Monday morning (no Sunday setup), and use a reasonable amount of space for your needs and please clean-up when you leave.



Weather: We are hoping for beautiful weather. In case of inclement weather, the decision to cancel or postpone the Champs meet will be determined by the following people: meet directors, Terrace Park Swim Club Manager, diving coaches from each club and dive rep for each club. Coaches will be responsible for communicating any delays or schedule changes to their teams.

Admission Fees:

- Under 6- no charge
- Ages 6-15- \$2.00
- Over 15 - \$5.00

All coaches, judges, divers and hired officials will not be charged an admission fee. All spectators and volunteers must pay the admission fee. **CASH ONLY!**

Coach and Judge Hospitality: There will be a hospitality area set up with food and drinks for the coaches and judges.

Senior Awards: As a tradition in the Seven Hills League, we will recognize all graduating seniors for each team who will be competing for the final time. Please submit a list of senior divers to the Terrace Park Rep by June 19th. Please have Senior Divers complete this survey: <https://docs.google.com/spreadsheets/d/14ujmVF9sZl0q01tJ2cjkxhAjmI-d926jbKL8m7JtQug/edit?usp=sharing>

7-Hills League Diving Championship Meet Dive Requirements

Age Groups Preliminaries (Cut to 12 after Preliminaries) Finals

- 8 and Under: One Required Dive, One Optional Dive, One Optional Dive (Divers must represent TWO categories within three dives)
- 10 and Under: One Required Dive, One Optional Dive, One Required Dive, One Optional Dive (Divers must represent TWO categories within four dives)
- 12 and Under: Two Required Dives, One Optional Dive, One Required Dive, One Optional Dive, (Divers must represent THREE categories within five dives)
- 14 and Under: Two Required Dives, One Optional Dive, One Required Dive, One Optional Dive, (Divers must represent THREE categories within five dives)
- 18 and Under: Two Required Dives, Two Optional Dives, One Required Dive, One Optional Dive (Divers must represent FOUR categories within six dives)

Notes:

A. Only the one-meter board can be used during the Diving Championship Meet.

A. All diving events are for both boys and girls.

B. No dives performed in the preliminaries shall be repeated in the finals.

C. There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.

D. Required dives are defined by number from the USA Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; Half Twist - #511. Required dives must be performed prior to the optional dives. E. The

Position of the dive is also defined in the USA Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position

F. All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)

G. Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives

H. The finals will be restricted to the twelve boys and twelve girls accumulating the highest number of points in the diving preliminaries, in each age group. In the event of a “tie” for 12th place, both divers will be permitted to dive in the Finals for a total of 13 divers.

I. Properly submitted eDive data is required for all divers at the Champ Meet. The Dive Number and Position Letter are the OFFICIAL description of the dive

J. Jumping off the board is not permitted at Diving Championships. K. Exhibition Divers are NOT permitted at the Diving Championship Meet.