

2008 USA Diving Spring Junior West Championships

April 25-27
(Sanction # 22-93)

Meet Director:

James B. Sweeney
320 SRC – Rec Center
Columbia, Mo. 65211
573-356-9398 (cell)

Please enter at:

www.divemeets.com

Dates: April 25 - 27

Meet Site: Mizzou Aquatic Complex
320 SRC-Rec Center
Columbia, Mo. 65211

Facility: 1-meter-(2) Model B on concrete stands (new in '05)
3-meter-(2) Model B on concrete stands (new in '05)
1, 3, 5, 7 & 10 meter platforms with duel ply mondo surface (new in '05);
15-17 ft. depth

Coach Meeting: April 24 at 6pm in the classroom on deck

Coach Education Opportunity: April 24 from 7pm to 8pm (directly following the Coach Meeting) in the classroom on deck: Coach Hongping Li will give a one-hour presentation on Training & Competition for all coaches attending the 2008 Spring USA Diving West Championships. Topics may include: Developing work ethic and discipline in workout, coaching junior divers to become successful senior divers, importance and process of teaching visual spotting.

Coaches: A reminder that you must meet all USA Diving safety certification requirements to be allowed on deck at USA Diving events. This will be strongly enforced in 2008. For more information on the requirements, please [click here](#). To see when safety training classes are offered, [click here](#).

Practice Times: Thursday: 7am – 6pm
Friday: Open from 9-11am Pool open until 7pm
Saturday: Open from 6-8am Pool open until 7pm
Sunday: Open from 6-8am`
Events: One hour event warm ups

Schedule of Events:**Friday (12pm Start)**

11&U G 1M/B 3M
12-13 G 1M/B 3M

Saturday (9am Start)

11&U G 3M/B 1M
12-13 G 3M/B 1M
14-15 G 1M/B 3M
16-18 G 1M/B 3M

Sunday (9am Start)

14-15 G 3M/B 1M
16-18 G 3M/B 1M

Directions:

(1.) Airport: Columbia Regional (15 minutes)

Directions to Pool:

- North on US-63 – 7.5 miles
- Exit at Stadium and take a left, continue on Stadium - 1.6 miles
- Turn right on College - .5 miles
- Turn left on Rollins St - .1 miles
- Turn left on Hitt St. - .1 miles
- The rec center will be on the right and the parking garage will be on the left

(2.) Airport: Lambert St. Louis International (1.5 hours)

Direction to Pool:

- take I-70 West – 106.8 miles
- Exit at US-63 and go south (left) – 2 miles
- Exit at Stadium and take a right, continue on Stadium – 1.6 miles
- Turn right on College - .5 miles
- Turn left on Rollins St - .1 miles
- Turn left on Hitt St. - .1 miles
- The rec center will be on the right and the parking garage will be on the left

Hotels:

THS Company, the Official Housing Service for USA Diving, has reserved hotel room blocks close to the venue at very good rates. To make hotel reservations, please click on the following link:

<http://www.ths-usad.com> You can also make reservations by calling THS at 888-536-TEAM (8326)



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