

Spring Region 3 Diving Championships

March 24-26, 2006

Germantown Indoor Swim Center
18000 Central Park Circle, Germantown, MD 20841
USD Sanction #06601

Site: Germantown Indoor Swim Center,

Airports: Flights are convenient into Reagan National, Dulles or BWI airports; accessible by subway from National

Meet Director: John Wolsh; 301-829-2303, email: region3.06@montgomerydiveclub.org

Send entries to: Yolanda Faerber, 8304 Snug Hill Lane, Potomac, MD 20854; yfaerber@comcast.net

Make Checks Payable to: Montgomery Dive Club; Postmark by March 16, 2006.

Entry Fees: \$20 per individual event; \$10 per diver synchro events; \$25 late fee

Dive Sheets: Sheets must be in by 6:00pm the day prior to the event. Late sheets- \$15 per event.
PLEASE SEND DIVE SHEETS WITH ENTRY! This helps greatly with meet preparation.

Results and Info: Results and further info will be posted at www.montgomerydiveclub.org

Facility: Diving area 18 ft. deep with 2 one meters; 2 three meters; 5, 7.5 & 10 meter platforms (rough-top)

Coaches Meeting: Friday 9 AM

Meet and Practice Schedules: practice Thursday evening 7:30-9 PM

Friday, March 24

9 AM Coaches Meeting

9:30 AM-1:30 PM Open Practice; 1:30-2 1st event only 2 PM meet starts

Practice at end of meet until 9 PM

Saturday & Sunday, March 25 & 26

7-8:30 AM Open; 8:30-9 1st event only, Meet starts at 9:00 AM

Practice end of meet until 9 PM

Friday Events

1. & 2. 11 & U Girls 1m/Boys 3m
Girls 3m/Boys 1m
3., 4., 5. & 6. 12-13 and 11 Un. Girls & Boys Pl.
Girls 1m/Boys 3m
7. & 8. 16-18 Girls 3m/ Boys 1m
18 Girls & Boys Plat.
9. & 10. Open Synchro 3m (M & W together)
(Synchro Min. D.D. average for 3 opts. 2.1)

Saturday Events

11. & 12. 11 & U Girls 3m/Boys 1m
13. & 14. 14-15 Girls 3m/Boys 1m
15. & 16. 12-13 Girls 1m/Boys 3m
17. & 18. 16-18 Girls 1m/Boys 3m
19. & 20. 14-15 Girls & Boys Plat.

Sunday Events

21. & 22. 12-13
23. & 24. 14-15
25. & 26. 16 -

Choice Hotels: Choice Hotels is the official hotel partner of USA Diving. Choice provides USA Diving members and fans with discounted room rates and every room night booked directly benefits USA Diving programs. Choice brands include Comfort Inn, Comfort Suites, Quality, Clarion, Sleep Econo Lodge, MainStay Suites and Rodeway Inn

Comfort Inn @ Shady Grove

16216 Frederick Rd.
Germantown, MD
Choice Sports Line #877-240-2929
Quote USA Diving Discount #00169370
Distance from pool: 9.2 miles
Approx. Rate: \$110/night
Free Cont. Brkfst.**

Sleep Inn

2 Research Ct.
Rockville, MD
Choice Sports Line #877-240-2929
Quote USA Diving Discount #00169370
Distance from pool: 9.5 miles
Approx. Rate: \$110/night
Free Cont. Brkfst.**

Quality Suites

3 Research Ct.
Rockville, MD
Choice Sports Line #877-240-2929
Quote USA Diving Discount #00169370
Distance from pool: 9.5 miles
Approx. Rate: \$128/night
Free Cont. Brkfst.**

Hotels:

Fairfield Inn and Suites	2 miles	Germantown, MD	301-916-0750
Hampton Inn	2.5 miles	Germantown, MD	301-428-1300
Homestead Studio Suites	2.5 miles	Germantown, MD	301-515-4565
Extended Stay America	3 miles	Germantown, MD	301-540-9369

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