

2010 Spring Region 4 Championships

March 6-7, 2010

(Sanction # 16-291)

Meet Director:

Molly Parker
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12635 Old Pond Road
Noblesville, IN 46060

Meet Registration:

www.divemeets.com

Dates: March 6-7, 2010

Event Timeline: Available via www.divemeets.com.

Meet Site: Lawrence North High School Natatorium, 7802 Hague Road, Indianapolis, IN 46256

Facility: 1-meters -(3) Model B on Concrete stands
3-meters -(2) Model B on Durafirm stands
14' 6" depth

Coach Meeting: Friday, March 5, 2010, 6:30-7pm – Pool Meeting Room. Warmups shall remain open during the coaches' meeting provided all active participants have a certified representative USA Diving coach on the pool deck who assumes their responsible care.

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 2010. For more information on the requirements, please [click here](#). To see when safety training classes are offered, [click here](#).

Practice Times:

Open Thursday, March 4 th	4-8pm
Open Friday, March 5 th	12:30 – 8pm
Saturday, March 6 th	6:30 - 8:30am – and open after last event for 1 ½ hours.
Sunday, March 7 th	6:30 - 8:30am.

Schedule of Events: Expect 30-45 Minutes warm-up prior to each event, depending on number of entries.

Saturday, March 6, 2010

First Event Starts at 9:00 A.M.
Event Specific Warmup for first event – 30 min
Events 1 & 2 will be run simultaneously.
Event 1. 12-13 Girls 1M/ 11U Boys 1M
Event 2. 12-13 Boys 3M/ 11U Girls 3M
Event 3. 14-15 Girls 1M/ 16-18 Girls 3M.
Event 4. 14-15 Boys 3M/ 16-18 Boys 1M.

Sunday, March 7, 2010

First Event Starts at 9:00 A.M.
Event Specific Warmup for first event – 30 min
Events 5 & 6 will be run simultaneously.
Event 5. 12-13 Girls 3 M/ 11U Boys 3M
Event 6. 12-13 Boys 1M/ 11U Girls 1M
Event 7. 14-15 Girls 3M/ 16-18 Girls 1M
Event 8. 14-15 Boys 1M/16-18 Boys 3M

Directions:

Indianapolis International Airport address is: 7800 Col. H. Weir Cook Memorial Drive Indianapolis, IN 46241 (35 minutes to pool). Take I-70 East **through the City of Indianapolis** to the east side 465 North exit (do not take the north 465 option near the airport – this would be on the west side of the city... 465 is a circle expressway that surrounds the city – Lawrence North High School is at the Northeast corner of the Indianapolis area). Take 465 North (along the east side of Indianapolis) and exit on Shadeland North. Take Shadeland to 75th Street – turn right (east). Take 75th Street to Hague Road – turn left (north). You'll see Lawrence North High School on the left – take first left into parking lot (west) and follow this to the back of the school near the football stadium. The Lawrence North High School Natatorium is just south of the football stadium... parking is free... park on the south or west side of the Natatorium, and use Entrance 11 at the southwest corner of the building. Spectators are to be directed upstairs to the balcony.

Hotels:

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

USA Diving has secured a room blocks at these Choice Hotel properties:

Comfort Suites Fishers

9760 Crosspoint Blvd.

Indianapolis, IN 46256

Located just 2 miles from the pool

Room Rate: \$67.99/night plus tax on Thursday, March 4 & \$84.99/night plus tax for Friday, March 5 and Saturday, March 6.

To reserve a room in this block please call the hotel at: 317-578-1200 before the February 4, 2010 cut-off date. The Group Name is: "USA Diving".

Suburban Extended Stay Northeast

8055 Bash St.

Indianapolis, IN 46250

Located just 1 mile from the pool

Room Rate: \$64/night plus tax.

To reserve a room in this block please call the hotel at: 317-598-1914. Be sure to mention the USA Diving block for this group rate.

Rental Car Discount with HERTZ:

Hertz is the official rental car supplier of USA Diving. Visit Hertz at www.hertz.com or call 1-800-654-2210 and use **CV#03CH0005** and **CDP#1423923** when making reservations to receive USA Diving's special discounted rates.

United Airlines: Discounts to USA Diving members

United Airlines, in partnership with the U.S. Olympic Committee, is proud to provide a travel discount to USA Diving members and their families attending certain USA Diving events and meetings. See the [sanctioned events page](#) to check if the discount code exists for the event you wish to attend. If your event has the United Airlines discount code link listed, please click on the link to receive information on how to book with the discount