



# NORTH COAST SECTION DIVING CHAMPIONSHIPS

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DATE POSTED: JANUARY 2025

## 2025 DIVING CHAMPIONSHIP GUIDE

Coaches are responsible for reading this championship guide in its entirety, paying close attention to the deadline for entries. Deadlines highlighted in **yellow**. New items (2025), if applicable, highlighted in **green**.

### MANAGEMENT COMMITTEE

Pat Avilla, Craig Carson, Logan Champion, Cindi Coats, Steve Guthrie, Kevin Honey, John King, Leo Lin, Jean Ann Patridge, Ethan Schnell, Brendan Sullivan, Todd Tucker, JoAnne Wright, Monte Young and Bri Niemi.

### MEET DIRECTOR

Logan Champion

[coachlogan@trivalleydivers.com](mailto:coachlogan@trivalleydivers.com)

### SITE

Concord Community Pool: 3501 Cowell Rd., Concord, CA 94518

### SATURDAY, MAY 3, 2025

Final date for league competition.

### **SUNDAY, MAY 4, 2025 – 1:15 PM PT**

#### **DEADLINE for ENTRIES. There will be NO EXCEPTIONS.**

North Coast Section will utilize Club Assistant for entry to the NCS Swimming & Diving Championships. The Club Assistant site is expected to go live in March. **See page 2 (in this guide) for entry submission information and page 7 (in this guide) for instructions on receiving email confirmation of entries.**

Each individual school will be responsible for following the procedures for submission of their school's entries. All swimming, diving and Paralympic entries must be entered.

### MONDAY, MAY 5, 2025

The seeding meeting will be conducted at the NCS office. Entries will be posted by no later than 10 p.m. on Mon., May 5.

### **WEDNESDAY, MAY 7, 2025 – 5:00 PM PT**

Individual dive sheets are submitted using Divemeets.com. Only those student-athletes who are entered into Club Assistant by the stated entry date (Sunday, May 4, 1:15 PM PT) will be considered for entry. Submission of individual dive sheets via Divemeets.com is supplemental to the entry process; it is **NOT** a form of entry.

### **THURSDAY, MAY 8, 2025**

7:00 a.m. Coach/Participant Gate Opens

7:15 a.m. – 8:45 a.m. Boys' Diving Warm-ups. Coaches sign-in – all divers must be represented.

9:00 a.m. Boys' Competition Begins

Girls' diving warm-ups will immediately follow the conclusion of boys' competition. Coaches sign in - all divers must be represented. Competition begins 90 minutes after conclusion of the first gender's competition - no earlier than **12 NOON**. **The meet director has the discretion to adjust warm-up time, as needed.** No divers are allowed in the pool until his/her coach has checked into the meet, or permission is granted by the Meet Director or NCS administrative staff.

### **THURSDAY, MAY 15 – SATURDAY, MAY 17, 2025 – CIF STATE SWIMMING AND DIVING CHAMPIONSHIPS**

Clovis Olympic Swim Complex, Clovis HS: 1070 East Teague Ave., Fresno, CA 93720

State CIF championship bulletins will be accessible online on the state website. The top 4 divers (boys and girls) from the NCS championship on Thursday will automatically qualify for the CIF diving championship. There will be no at-large selections in diving. Complete information can be found at: <http://cifstate.org/sports/swimming and diving/index>

Intent to compete forms for individual events will be ready 30 minutes after the conclusion of each NCS event. A diver who qualifies for the CIF state championships must sign individually YES (will participate) for their event or tell the committee that they are scratching the event. **Failure to initial for an event will result in the diver not being advanced for the uninitialed event.**

26.609H CIF Swimming and Diving Advancers: Coaches and student-athletes must positively affirm their intent to swim/dive at the state meet, as outlined by the procedures established by the NCS swimming and diving management committee.

### **QUALIFYING FOR DIVING**

1. The NCS Diving Championships will consist of 32 competitors, the league/conference champion will not automatically qualify to the NCS Championships. If there are fewer than 32 divers that qualify by achieving the “automatic” score, those that achieve the “consideration” score will be awarded entries until the 32 qualifiers-by-score field is filled. Automatic and consideration scores are based on the previous year’s NCS Diving Championships meet. To calculate the automatic score, the score or close to it of the 16<sup>th</sup> entry score is selected, unless the person was disqualified, then the next score is selected. The scores used are those submitted during the entry process of the previous years’ NCS Diving Championships. The consideration score is calculated on the score achieved by the 55<sup>th</sup> submitted entrant or close to it.
2. For the 2025 NCS Diving Championships, divers who achieve the Automatic Qualifying Score of all 11 dives of 280 for boys and 330 for girls in interscholastic competition will automatically qualify for the NCS Diving Championships. If there are fewer than 32 divers that qualify by achieving the “automatic” score, those that achieve the “consideration” score will be awarded entries until the 32 qualifiers are filled. For the 2025 NCS Diving Championships, divers who achieve the Consideration Score cumulative point total of all 11 dives of 230 for boys and 270 for girls in interscholastic competition will be considered for entry to the NCS Diving Championships.
3. Qualifying for the NCS Championship Meet may be achieved in the following ways: high school dual meets, league/conference meets, or league/conference qualifying meets, or any other interscholastic competition. **NOTE: DIVING SCORES MUST BE MADE DURING THE CURRENT HIGH SCHOOL SEASON OF SPORT. THE FINAL DATE FOR LEAGUE COMPETITION IS SATURDAY, MAY 3, 2025. THE FINAL LEAGUE/CONFERENCE EVENT (INCLUDING LEAGUE PLAYOFFS, LEAGUE POST-SEASON TOURNAMENTS, LEAGUE MEETS) WILL BE THE END OF THE SEASON OF THE RESPECTIVE SPORT.**
4. Schools are limited to four (4) qualifiers per individual event. An individual swimmer shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. Diving is an individual event and must also be entered with each school’s entries on Club Assistant.

### **ENTRY PROCEDURES**

North Coast Section will utilize Club Assistant for entry to the NCS Swimming & Diving Championships. Each individual school will be responsible for following the procedures for entry of their school’s entries. It is recommended that the head coach perform this responsibility. It is also recommended that this entry responsibility is not delegated to another person or league representative. Swimming, diving and Paralympic entries must be entered using the Club Assistant system.

Schools with new head coaches should contact the NCS in March to obtain a new username and password. If you experience a problem with entries to Club Assistant, contact Jean Ann Patridge at [jeanann\\_patridge@sbcglobal.net](mailto:jeanann_patridge@sbcglobal.net) or (925) 200-7421. **The deadline for entries is Sunday, May 4, 2025, by 1:15 PM PT. THERE WILL BE NO EXCEPTIONS.**

### **DIVE LISTS PROCEDURES**

The NCS Diving Championships will use Divemeets.com software. Please register yourself (as diving coach/judge) and your

diver on the Divemeets.com website. Registration is free and simple. Follow these steps to register your diver and submit your diving sheet to the meet director:

- Go to [www.divemeets.com](http://www.divemeets.com)
- Hit "Login" at the far right of the menu bar
- In the pull-down menu, select "Get a Divemeets ID"
- Complete the registration and hit the "Register" button at the bottom of the page
- Make sure you keep your ID number – it will be your identity on [divemeets.com](http://divemeets.com) for the future
- Once Registered go back to the main menu and select "Meets" at the pull-down bar
- Select "upcoming" and select CIF High School Diving
- Find the NCS Diving Championships
- Fill out your diving form and submit your form
- The cost of the use of Divemeets.com will be included in the entry fees for the NCS Swimming and Diving Championships. Each school will be billed via their league commissioner.

**Diving sheets must be submitted to [divemeets.com](http://divemeets.com) by the May 7, 2025 (5:00 PM) deadline.** Individual dive sheets are supplemental to the entry process; they are NOT a form of entry, but required to complete the entry process. Questions can be directed to Logan Champion, [coachlogan@trivalleydivers.com](mailto:coachlogan@trivalleydivers.com). Changes to diving sheets may only be made to [divemeets.com](http://divemeets.com) registered diver sheets and must be made no later than one hour prior to the start of competition.

### **AUTOMATIC AND CONSIDERATION QUALIFYING SCORES**

Automatic scores for diving are based on the 16<sup>th</sup> place entry score in the 2024 NCS Championship Meet.

#### **Girls' 2025 Scores**

<u>Order/Events</u>	<u>Event</u>	<u>Automatic</u>	<u>Consideration</u>
#1	Diving	330	270

#### **Boys' 2025 Scores**

#2	Diving	280	230
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The National Federation Swimming and Diving Rules Diving Table will be used for all dives.

Requirements for NCS Diving Championships

- Eleven (11) dive format as outlined in the NFHS 2024-25 Rule Book, i.e.:
  - Prelims #1-5 = 2 required, 3 optional dives (any order) – field then cut to 20 divers
  - Semi's #6-8 = 2 required, 1 optional dive (any order) – field then cut to 16 divers
  - Finals #9-11 = 1 required, 2 optional dives (any order)
- All five groups of dives must be covered within the first eight (8) rounds.
- Normal degree of difficulties for all required dives not to exceed 9.0 for the total of the five required dives. Required dives must have BOTH dive # and (DD)
- Cuts will be determined by the number of entries in the field as follows:
  - after five (5) dives field cut to 20 divers,
  - after eight (8) dives field cut to final 16 divers.

### **DIVING RULES**

The National Federation Swimming and Diving Rules Book is the governing authority in Swimming and Diving.

### **ENTRIES/SCRATCHES**

Diving entries close and are final at the posted deadline. No entry changes or additions will be accepted. If a diving student-athlete scratches after entries are posted and prior to the competition, no substitutions or additions, will be accepted.

### **ENTRY FEES**

A check covering the total entry fees for each league/conference at the rate of \$15.00 per each individual qualified shall be paid to the North Coast Section. Schools will be billed by the section office and do not need to bring payment to the championship event.

## **RECORDS**

Results will be checked immediately following the North Coast Section Meet by the Meet Directors for the purpose of identifying and certifying new records to the Section Commissioner, or his/her designee.

## **PARKING**

Spectators may park in the Concord Community Pool parking lot in marked and available parking spaces. Individuals who do not obey parking lot markings may have their car towed. Please read posted signs carefully. As required by the City of Concord, some spaces will be reserved for the use of the tennis courts. Individuals using Handicap parking spaces must have a valid Handicap parking placard, issued to an individual riding in the car. If the parking lot is full then spectators may park on the surrounding streets, again obeying all traffic rules.

## **DIRECTIONS**

From North or South 680 take the Treat Blvd. exit in Concord. Proceed east approximately 4.0 miles and turn left on Cowell Rd. The Concord Community Park, where the pool is located, will be on your right.

## **CERTIFICATION OF COACHES**

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9 (Federated Council 2/09). All coaches must fill out a Certificate of Authorized Personnel form and hand carry to the meet and submit to meet management. No students will be allowed to warm-up, compete or enter the facility until their coach is present with a properly completed Certificate of Authorized Personnel form.

## **ADMISSION FEES**

All coaches, athletes and spectators will enter through a single gate. One or two coaches, depending on the number of qualifiers, will be admitted with the Certification of Authorized Personnel Form. Athletes will be allowed entry if they are included on the official entry list at the gate.

1 athlete = 1 coach/2 or more athletes = 2 coaches

Spectators will be charged admission based on the following:

Adults.....\$12.00. Student/Child/Senior.....\$5.00. NCS uses GoFan for online ticketing for all Section championships.

## **MERCHANDISE**

Schools may purchase NCS merchandise at the NCS office or online at [www.cifncs.org](http://www.cifncs.org). Coaches may use check, cash, credit card, school purchase order, requisition form and school billing form. Contact Kim Igneczi [[kigneczi@cifncs.org](mailto:kigneczi@cifncs.org)] for bulk orders.



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## SWIMMING, DIVING & PARALYMPIC CERTIFICATION OF AUTHORIZED PERSONNEL ONE FORM CAN BE USED FOR ALL THREE DAYS

CIF Bylaw 503

### **503 - ADMINISTRATIVE OVERSIGHT**

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section and league rules.

### **F. Coaching**

Principals are responsible to ensure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9). (Revised February 2009 Federated Council)

Coaches will receive a wristband, which must be worn at all times, according to the following NCS policy:

1 athlete = 1 coach

2-6 athletes = up to 2 coaches

7-12 athletes = up to 3 coaches

13-18 athletes = up to 4 coaches

19 or more athletes = up to 5 coaches

Sport \_\_\_\_\_ School \_\_\_\_\_

Head Coach's Name \_\_\_\_\_ Cell # \_\_\_\_\_

Head Coach's Address: \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_ Cell # \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_ Cell # \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_ Cell # \_\_\_\_\_

Assistant Coach's Name \_\_\_\_\_ Cell # \_\_\_\_\_

I hereby assert and verify that the person(s) named above is/are employed by  
\_\_\_\_\_ High School and meets the requirements of the above bylaw as of this date.

Signature of Principal \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_ Cell # \_\_\_\_\_

If a school administrator needs to be reached on Saturday, call: \_\_\_\_\_

**IDENTIFICATION REQUIRED. HAND CARRY A COPY OF THIS FORM, SIGNED BY THE PRINCIPAL, TO THE NCS SWIMMING & DIVING CHAMPIONSHIPS.**

## Requirements for NCS Diving Championships:

- 1) Eleven (11) dive format as outlined in NFHS 2024-2025 rule book, i.e.:  
Prelims #1-5 = 2 required, 3 optional dives (any order) – field then cut to 20 divers  
Semi's #6-8 = 2 required, 1 optional dives (any order) – field then cut to 16 divers  
Finals #9-11 = 1 required, 2 optional dives (any order)
- 2) All five groups of dives must be covered within the first eight (8) rounds.
- 3) Normal degree of difficulties for all required dives not to exceed 9.0 for the total of the five required dives. Required dives must have **BOTH dive # and (DD)**
- 4) Cuts will be determined by the number of entries in the field as follows:  
After 5 dives field will be cut to 20 divers, after 8 dives cut to final 16 divers.

ONE METER DIVING TABLE C=TUCK, B=PIKE, A=STRAIGHT, D=FREE

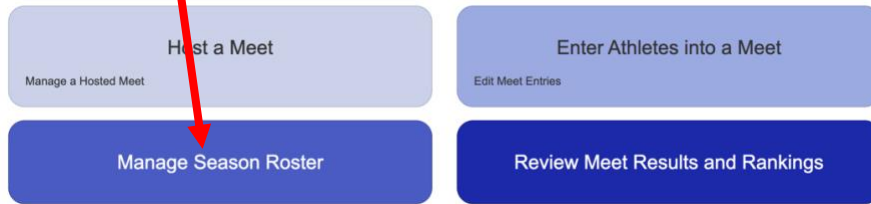
		C	B	A	D			C	B	A	D
DIVE #	FORWARD DIVE	T	P	S	F	DIVE #	TWIST DIVE	T	P	S	F
101	Forward Dive	1.2	1.3	1.4		5111	FORWARD DIVE 1/2 TWIST	1.6	1.7	1.8	
102	Forward 1 SS	1.4	1.5	1.6		5112	FORWARD DIVE 1 TWIST		1.9	2.0	
103	Forward 1 1/2 SS	1.6	1.7	2.0		5121	FORWARD 1 SS, 1/2 TWIST				1.7
104	Forward 2 SS	2.2	2.3			5122	FORWARD 1 SS, 1 TWIST				1.9
105	Forward 2 1/2 SS	2.4	2.6			5124	FORWARD 1 SS, 2 TWISTS				2.3
106	Forward 3 SS	2.9	3.2			5126	FORWARD 1 SS, 3 TWISTS				2.8
107	Forward 3 1/2 SS	3.0	3.3			5131	FORWARD 1 1/2 SS, 1/2 TWIST				2.0
112	Forward Flying 1 SS	1.6	1.7			5132	FORWARD 1 1/2 SS, 1 TWIST				2.2
113	Forward Flying 1 1/2 SS	1.8	1.9			5134	FORWARD 1 1/2 SS, 2 TWISTS				2.6
	<b>BACK DIVE</b>					5136	FORWARD 1 1/2 SS, 3 TWISTS				3.1
201	Back Dive	1.5	1.6	1.7		5142	FORWARD 2 SS, 1 TWIST	2.6	2.7		
202	Back 1 SS	1.5	1.6	1.7		5152	FORWARD 2 1/2 SS, 1 TWIST	3.0	3.2		
203	Back 1 1/2 SS	2.0	2.3	2.5		5211	BACK DIVE 1/2 TWIST			1.8	
204	Back 2 SS	2.2	2.3			5212	BACK DIVE 1 TWIST			2.0	
205	Back 2 1/2 SS	3.0	3.2			5221	BACK 1 SS, 1/2 TWIST				1.7
						5222	BACK 1 SS, 1 TWIST				1.9
	<b>REVERSE DIVE</b>					5223	BACK 1 SS, 1 1/2 TWISTS				2.3
301	REVERSE DIVE	1.6	1.7	1.8		5225	BACK 1 SS, 2 1/2 TWISTS				2.7
302	Reverse 1 SS	1.6	1.7	1.8		5227	BACK 1 SS, 3 1/2 TWISTS				3.2
303	Reverse 1 1/2 SS	2.1	2.4	2.7		5231	BACK 1 1/2 SS, 1/2 TWIST				2.1
304	Reverse 2 SS	2.1	2.4			5233	BACK 1 1/2 SS, 1 1/2 TWISTS				2.5
305	Reverse 2 1/2 SS	3.0	3.2			5235	BACK 1 1/2 SS, 2 1/2 TWISTS				2.9
						5251	BACK 2 1/2 SS, 1/2 TWIST	2.7	2.9		
	<b>INWARD DIVE</b>					5311	REVERSE DIVE 1/2 TWIST			1.9	
401	Inward Dive	1.4	1.5	1.8		5312	REVERSE DIVE 1 TWIST			2.1	
402	Inward 1 SS	1.6	1.7			5321	REVERSE 1 SS, 1/2 TWIST				1.8
403	Inward 1 1/2 SS	2.2	2.4			5322	REVERSE 1 SS, 1 TWIST				2.0
404	Inward 2 SS	2.8	3.0			5323	REVERSE 1 SS, 1 1/2 TWISTS				2.4
405	Inward 2 1/2 SS	3.1	3.4			5325	REVERSE 1 SS, 2 1/2 TWISTS				2.8
412	Flying Inward 1 SS	2.0	2.1			5331	REVERSE 1 1/2 SS, 1/2 TWIST				2.2
413	Flying Inward 1 1/2 SS	2.7	2.9			5333	REVERSE 1 1/2 SS, 1 1/2 TWISTS				2.6
						5335	REVERSE 1 1/2 SS, 2 1/2 TWISTS				3.0
						5351	REVERSE 2 1/2 SS, 1/2 TWIST	2.7	2.9		
						5411	INWARD DIVE 1/2 TWIST		1.7	2.0	
						5412	INWARD DIVE 1 TWIST		1.9	2.2	
						5421	INWARD 1SS, 1/2 TWIST				1.9
						5422	INWARD 1 SS, 1 TWIST				2.1
						5432	INWARD 1 1/2 SS, 1 TWIST				2.7
						5434	INWARD 1 1/2 SS, 2 TWISTS				3.1

updated 10/9/2024

## Instructions for the [YOUR TEAM] Boys and/or Girls Coach

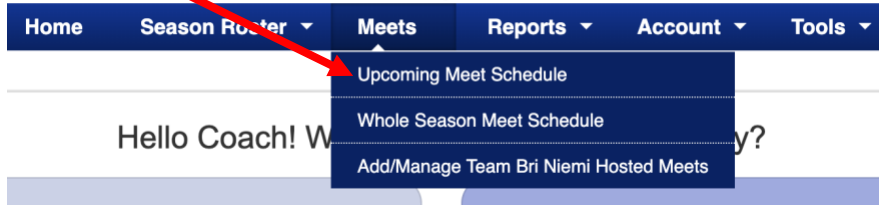


### 1. Season Roster - Add/edit/review your athletes in the [YOUR TEAM] "Season Roster".



### 2. Meets - Review "Upcoming Meet Schedule" below.

Coach of: Boys and Girls



Click the radio button under "OPEN" to add that swimmer added to the meet

### 3. Meet Roster - Select the athletes who will be attending the meet.

Dates	Name	Meet Roster	Individual Events	Relay Events	Reports
05/02/2025-05/04/2025	DEMO MEET FOR INSTRUCTIONS <i>Entries are open now.</i> Coach Entries Due: 04/28/2025 01:15 PM PT Meet Host: Team Bri Niemi CIF-NCS Meet Administrator: Sergey Mariniuk <a href="#">Questions: Contact Meet Host</a>	Girls Boys	Girls • <a href="#">Open</a> Boys • <a href="#">Open</a>	Girls • <a href="#">Open</a> Boys • <a href="#">Open</a>	<a href="#">Split Report</a>

Last, First Name	Grade	Open	Not Attending	Individual Events	Relay Events	Remove
<a href="#">Marichal, Juan</a>	Jr	<input checked="" type="radio"/>		<a href="#">2 events</a>	<a href="#">0 events</a>	
<a href="#">McCovey, Willie</a>	So	<input checked="" type="radio"/>		<a href="#">2 events</a>	<a href="#">0 events</a>	
<a href="#">Ott, Mel</a>	Sr	<input checked="" type="radio"/>		<a href="#">2 events</a>	<a href="#">0 events</a>	

### 4. Individual Events - Enter "Individual Events" with times for each athlete.

Click on "OPEN" for boys or girls to get to this screen

Dates	Name	Meet Roster	Individual Events	Relay Events	Reports
05/02/2025-05/04/2025	<b>DEMO MEET FOR INSTRUCTIONS</b> <i>Entries are open now.</i> Coach Entries Due: 04/28/2025 01:15 PM PT Meet Host: Team Bri Niemi CIF-NCS Meet Administrator: Sergey Mariniuk <a href="#">Questions: Contact Meet Host</a>	<a href="#">Girls</a> <a href="#">Boys</a>	<a href="#">Girls</a> <a href="#">Boys</a> <a href="#">Boys</a> <a href="#">Boys</a>	<a href="#">Girls</a> <a href="#">Boys</a> <a href="#">Boys</a> <a href="#">Boys</a>	<a href="#">Split Report</a>

Last, First Name	Gr	Ev 2 1M Dives	Ev 4 200 Medley Relay	Ev 6 200 Free	Ev 8 200 IM	Ev 10 50 Free	Ev 12 100 Fly	Ev 14 100 Free	Ev 16 500 Free	Ev 18 200 Free Relay	Ev 20 100 Back	Ev 22 100 Breast	Ev 24 400 Free Relay	Ind Event Total	Relay Event Total	Event Total
<a href="#">Marichal, Juan</a>	Jr	240.00	1:52.99	1:51.99	2:06.99	22.55	55.88	49.99	5:05.99	1:39.99	57.99	1:03.55	3:37.99	0	0	0
<a href="#">McCovey, Willie</a>	So													0	0	0
<a href="#">Ott, Mel</a>	Sr													0	0	0
Scoring		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Limits		4	1	4	4	4	4	4	4	1	4	4	1	36	3	39

#### Event Entries By Athlete - Open Boys

3 Athletes

Email Myself a Summary

Edits/additions allowed until entries close on 4/28/2025 1:15 PM.

Last, First Name	Gr	Ev 2 1M Diving 11 Dives	Ev 4 200 Medley Relay	Ev 6 200 Free	Ev 8 200 IM	Ev 10 50 Free	Ev 12 100 Fly	Ev 14 100 Free	Ev 16 500 Free	Ev 18 200 Free Relay	Ev 20 100 Back	Ev 22 100 Breast	Ev 24 400 Free Relay	Ind Event Total	Relay Event Total	Event Total
<a href="#">Marichal, Juan</a>	Jr	240.00	1:52.99	1:51.99	2:06.99	22.55	55.88	49.99	5:05.99	1:39.99	57.99	1:03.55	3:37.99	2	0	2
<a href="#">McCovey, Willie</a>	So			1:37.32					4:33.29					2	0	2
<a href="#">Ott, Mel</a>	Sr				20.91		43.32							2	0	2
Scoring		0	0	1	1	1	1	1	1	0	0	0	0	6	0	6
Limits		4	1	4	4	4	4	4	4	1	4	4	1	36	3	39

Click on one name at a time to enter that athlete into the event(s) you want them in based on qualification time. Hit submit. **ALL DIVE** entries require a score to be entered. We suggest **ALL** team entries be performed by the head coach.

### 5. Relay Events - Enter "Relay Events" with times and swimmers for each relay.

a. SEE #4 but click on RELEY EVENTS

### 6. Summary - You may "Print" and "Email a Summary" of your entries at any time.

a. In above image "Event Entries by Athlete..." there is a BUTTON that says, "EMAIL MYSELF A SUMMARY" – this will send you a copy of what you have entered. VERY IMPORTANT.

**Changes** - You may continue to make changes up until the "Entries Due" date. IF YOU MAKE CHANGES, "EMAIL MYSELF A SUMMARY" AGAIN AND AGAIN

**Final Submit** - When you are done making changes, "Logout". DID YOU "EMAIL MYSELF A SUMMARY?"