

2026 USA Diving Regionals, Lynchburg VA

Thursday, April 16th- Practice Day

Open Practice 4:30pm-8:30pm

Coach must be present for open warm up!

Competition Days

Day 1 - Friday April 17, 2026

Pool Open 8:30am-9:30am (All Competitors)

SESSION 1 - Group C/D Springboard & Open	Age	Group	Level	Gender	Comb /Split	Board
Pool opens at 8:30am	12-13	C	3M	Girls	Combined	3M
Open Warm-up: 8:30-9:30am	11 & Under	D	3M	Boys		
Event Warm-up: 9:30am-10:00am	Open	SR	3M	Men		
Event: 10:00am-11:25am	12-13	C	1M	Boys		
	11 & Under	D	1M	Girls	Combined	1M
	Open	SR	1M	Women		
SESSION 2 - JO Group A & B Platform	Age	Group	Level	Gender	Comb /Split	Board
Event Warm Up: 11:25am-12:10pm	16-18	A	PL	Boy/Girls	Combined	PL
Event: 12:10pm-1:00pm	14-15	B	PL	Boys/Girls		
SESSION 3 - Future Champions	Age	Group	Level	Gender	Comb /Split	Board
Event Warm Up: 1:00pm-1:30pm	Future Champions	Level 1-4	1M	Girls/Boys	Combined	3M
Event: 1:30pm-2:00pm	Future Champions	Levels 5-8	3M	Girls/Boys		

Pool Open until 8:00pm - All competitors

Day 2 - Saturday April 18, 2026

Pool Open 7:00am-9:25am Group A & B ONLY!

SESSION 1 - GROUP A/B Girls	Age	Group	Level	Gender	Comb /Split	Board
Event Warm-up: 9:25-10:00am	16-18	A	1M	Girls	Split	1M
Event: 10:00am-11:30am	14-15	B	3M	Girls	Combined	3M
Session 2 - Group A/B Boys	Age	Group	Level	Gender	Comb /Split	Board
Event Warm-up: 11:30am-12:15pm	14-15	B	1M	Boys	Combined	1M
Event: 12:15pm-1:25pm	16-18	A	3M	Boys	Split	3M
SESSION 3 - Group C/D JO & Open	Age	Group	Level	Gender	Comb /Split	Board
Event Warm Up: 1:25pm-2:00pm	12-13	C	3M	Boys	Combined	3M
Event: 1:45pm-3:05pm	11 & Under	D	3M	Girls		
	Open	SR	3M	Women		
	12-13	C	1M	Girls		
	11 & Under	D	1M	Boys	Combined	1M
	Open	SR	1M	Men		
Session 4-Future Champions	Age	Group	Level	Gender	Comb /Split	Board
Warm-up: 3:05pm-3:40pm	Future Champions	Level 1-4	3M	Girls/Boys	Combined	3M
Event: 3:40pm-4:15pm	Future Champions	Levels 5-8	1M	Girls/Boys		

Pool Open: until 8:00pm (All)

Day 3- Sunday April 19, 2026

Pool Open 7:00am-9:25am Group A & B ONLY!

SESSION 1 - GROUP A/B Girls	Age	Group	Level	Gender	Comb /Split	Board
Event Warm-up: 9:25-10:00am	16-18	A	3M	Girls	Split	3M
Event: 10:00am-11:15am	14-15	B	1M	Girls	Combined	1M
SESSION 2 - Group A/B Boys	Age	Group	Level	Gender	Comb /Split	Board
Event Warm-up: 11:15am-12:10pm	16-18	A	1M	Boys	Split	1M
Event: 12:10pm-1:25pm	14-15	B	3M	Boys	Combined	3M
SESSION 3 - Group C/D /Open Platform	Age	Group	Level	Gender	Comb /Split	Board
Event Warm Up: 1:25pm-2:00pm	12-13	C	PL	Boys/Girls	Combined	PL
Event: 2:00pm-3:10pm	11 & Under	D	PL	Boys/Girls		
	Open	SR	PL	Men/Women		

End of Meet

