

<u>Wednesday</u>		<u>Doors Open</u>	<u>2:00 PM</u>	
	Open Training - All Divers		3:00pm	7:00pm
<u>Thursday</u>		<u>Doors Open</u>	<u>9:30 AM</u>	
	Region 5		10:00 AM	11:30 AM
	Region 6		11:30 AM	1:00 PM
	Region 5		1:00 PM	2:30 PM
	Region 6		2:30 PM	4:00 PM
	Open Training - All Divers		4:00 PM	6:00 PM
	Coaches Meeting		6:00 PM	
<u>Friday</u>		<u>Doors Open</u>	<u>6:45 AM</u>	
Flight 1	Region 5 Warmup		7:00 AM	8:00 AM
Flight 2	Region 6 Warmup		8:00 AM	9:00 AM
			<u>Event Warmup Start</u>	<u>Event Start</u>
<u>Session 1</u>	Group A Girls 3m (16-18) Group A Boys 1m (16-18)		9:00 AM	10:00 AM
				12:30 PM
<u>Session 2</u>	Group B Girls Platform (14-15) Group B Boys Platform (14-15) Group C Girls 3m (12-13)	Combined	12:30 PM	1:30 PM
				3:00 PM
<u>Session 3</u>	Group D Girls 3m (11 & Under) Group D Boys 1m (11 & Under) Group C Boys 1m (12-13)	Combined	3:00 PM	3:45 PM
				4:15 PM
				5:15 PM
	Open Training		End of last event	7:00pm
<u>Saturday</u>		<u>Doors Open</u>	<u>6:45 AM</u>	
Flight 1	Region 6 Warmup		7:00 AM	8:00 AM
Flight 2	Region 5 Warmup		8:00 AM	9:00 AM
			<u>Event Warmup Start</u>	<u>Event Start</u>
<u>Session 1</u>	Group A Boys 3m (16-18) Group A Girls 1m (16-18)		9:00 AM	10:00 AM
				12:30 PM
<u>Session 2</u>	Group B Girls 3m (14-15) Group B Boys 1m (14-15)		12:30 PM	1:30 PM
				3:30 PM
<u>Session 3</u>	Group C Girls Platform (12-13) Group D Girls Platform (11 & Under) Group C Boys Platform (12-13) Group D Boys Platform (11 & Under)	Combined	3:30 PM	4:15 PM
				5:00 PM
	Open Training		End of last event	7:00pm
<u>Sunday</u>		<u>Doors Open</u>	<u>6:45 AM</u>	
Flight 1	Region 5 Warmup		7:00 AM	8:00 AM
Flight 2	Region 6 Warmup		8:00 AM	9:00 AM
			<u>Event Warmup Start</u>	<u>Event Start</u>
<u>Session 1</u>	Group B Girls 1m (14-15) Group A Girls Platform (16-18)		9:00 AM	10:00 AM
				12:00 PM
<u>Session 2</u>	Group A Boys Platform (16-18) Group B Boys 3m (14-15) Group C Girls 1m (12-13)		12:00 PM	1:00 PM
				2:00 PM
				2:30 PM
<u>Session 3</u>	Group C Boys 3m (12-13) Group D Boys 3m (11 & Under) Group D Girls 1m (11 & Under)	Combined	2:30 PM	3:15 PM
				4:30 PM
				4:15 PM