

2026 USA Diving Junior National Championships



Monday, July 27

Open Training	9:00 AM – 1:00 PM
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Flighted Practice	1:00 PM – 5:30 PM
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East	1:00 PM – 2:30 PM
Central	2:30 PM – 4:00 PM
West	4:00 PM – 5:30 PM

Open Training	5:30 PM – 7:30 PM
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Tuesday, July 28

Junior Nationals official practice — full facility day	8:00 AM – 12:30 PM
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East	8:00 AM – 9:30 AM
Central	9:30 AM – 11:00 AM
West	11:00 AM – 12:30 PM

Open Training	12:30 PM – 1:30 PM
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Flighted Warm-Ups	1:30 PM – 6:00 PM
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East	1:30 PM – 3:00 PM
Central	3:00 PM – 4:30 PM
West	4:30 PM – 6:00 PM

Open Training	6:00 PM – 7:15 PM
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Technical Meeting - Pool CLOSED	7:20 PM – 8:20 PM
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2026 USA Diving Junior National Championships



• Wednesday, July 29

Flighted Practice

8:00 AM – 12:30 PM

West	8:00 AM – 9:30 AM
East	9:30 AM – 11:00 AM
Central	11:00 AM – 12:30 PM

PRELIMINARIES Session 1 1:25 PM – 3:17 PM

Warm-up 12:30 PM–1:25 PM

Group B Boys 1-Meter	SIMULTANEOUS	SPLIT BOARDS	30 divers	1:25 PM – 2:53 PM
Group A Boys 3-Meter	SIMULTANEOUS	SPLIT BOARDS	35 divers	1:25 PM – 3:17 PM

Open Practice

3:25 PM – 4:55 PM

FINALS Session 2 5:30 PM – 6:05 PM

Warm-up 4:55 PM–5:20 PM

Group B Boys 1-Meter	SIMULTANEOUS	12 divers	5:30 PM – 5:58 PM
Group A Boys 3-Meter	SIMULTANEOUS	12 divers	5:30 PM – 6:05 PM

Flighted Warm-Ups

6:15 PM – 8:00 PM • until facility close

West	6:15 PM – 7:00 PM
East	7:00 PM – 7:45 PM
Central	7:45 PM – 8:30 PM

2026 USA Diving Junior National Championships



Thursday, July 30

Flighted Warm-Ups

7:00 AM – 9:15 AM

Central	7:00 AM – 7:45 AM
West	7:45 AM – 8:30 AM
East	8:30 AM – 9:15 AM

PRELIMINARIES Session 3 10:10 AM – 12:12 PM

Warm-up 9:15 AM–10:10 AM

Group A Boys 1-Meter **SIMULTANEOUS** **SPLIT BOARDS** **31** divers **10:10 AM – 11:50 AM**

Group B Boys Platform **SIMULTANEOUS** **26** divers **10:10 AM – 12:12 PM**

PRELIMINARIES Session 4 1:15 PM – 3:32 PM

Warm-up 12:20 PM–1:15 PM

Group B Girls 3-Meter **SIMULTANEOUS** **SPLIT BOARDS** **35** divers **1:15 PM – 2:46 PM**

Group A Girls Platform **SIMULTANEOUS** **32** divers **1:15 PM – 3:32 PM**

FINALS Session 5 4:15 PM – 4:51 PM

Warm-up 3:40 PM–4:05 PM

Group A Boys 1-Meter **SIMULTANEOUS** **12** divers **4:15 PM – 4:50 PM**

Group B Boys Platform **SIMULTANEOUS** **12** divers **4:15 PM – 4:51 PM**

FINALS Session 6 5:35 PM – 6:11 PM

Warm-up 5:00 PM–5:25 PM

Group B Girls 3-Meter **SIMULTANEOUS** **12** divers **5:35 PM – 5:56 PM**

Group A Girls Platform **SIMULTANEOUS** **12** divers **5:35 PM – 6:11 PM**

Opening Ceremonies

6:30 PM – 7:30 PM

Open Training

7:30 PM – 8:00 PM • until facility close

2026 USA Diving Junior National Championships



● Friday, July 31

Flighted Warm-Ups

7:00 AM – 9:15 AM

East	7:00 AM – 7:45 AM
Central	7:45 AM – 8:30 AM
West	8:30 AM – 9:15 AM

PRELIMINARIES Session 7 10:10 AM – 1:14 PM

Warm-up 9:15 AM–10:10 AM

Group B Girls 1-Meter	SIMULTANEOUS	32 divers	10:10 AM – 12:40 PM
Group A Girls 3-Meter	SIMULTANEOUS	35 divers	10:10 AM – 1:14 PM
Group A Boys Platform	SIMULTANEOUS	34 divers	10:10 AM – 12:59 PM

PRELIMINARIES Session 8 2:15 PM – 4:26 PM

Warm-up 1:20 PM–2:15 PM

Group C Boys 1-Meter	SIMULTANEOUS	28 divers	2:15 PM – 4:26 PM
Group D Boys 3-Meter	SIMULTANEOUS	23 divers	2:15 PM – 3:36 PM
Group D Girls Platform	SIMULTANEOUS	25 divers	2:15 PM – 3:30 PM

FINALS Session 9 5:10 PM – 5:55 PM

Warm-up 4:35 PM–5:00 PM

Group B Girls 1-Meter	SIMULTANEOUS	12 divers	5:10 PM – 5:31 PM
Group A Girls 3-Meter	SIMULTANEOUS	12 divers	5:10 PM – 5:38 PM
Group A Boys Platform	SIMULTANEOUS	12 divers	5:10 PM – 5:55 PM

FINALS Session 10 6:45 PM – 7:06 PM

Warm-up 6:00 PM–6:35 PM

Group C Boys 1-Meter	SIMULTANEOUS	12 divers	6:45 PM – 7:06 PM
Group D Boys 3-Meter	SIMULTANEOUS	12 divers	6:45 PM – 6:59 PM
Group D Girls Platform	SIMULTANEOUS	12 divers	6:45 PM – 7:03 PM

Open Training

7:25 PM – 8:00 PM • until facility close

2026 USA Diving Junior National Championships



● Saturday, August 1

Flighted Warm-Ups

7:00 AM – 9:15 AM

West	7:00 AM – 7:45 AM
East	7:45 AM – 8:30 AM
Central	8:30 AM – 9:15 AM

PRELIMINARIES Session 11 10:10 AM – 12:21 PM

Warm-up 9:15 AM–10:10 AM

Group A Girls 1-Meter	SIMULTANEOUS	SPLIT BOARDS	31 divers	10:10 AM – 11:41 AM
Group B Boys 3-Meter	SIMULTANEOUS	SPLIT BOARDS	30 divers	10:10 AM – 11:38 AM
Group B Girls Platform	SIMULTANEOUS		33 divers	10:10 AM – 12:21 PM

PRELIMINARIES Session 12 1:25 PM – 3:31 PM

Warm-up 12:30 PM–1:25 PM

Group D Girls 1-Meter	SIMULTANEOUS		30 divers	1:25 PM – 3:10 PM
Group C Boys 3-Meter	SIMULTANEOUS		27 divers	1:25 PM – 3:31 PM
Group C Girls Platform	SIMULTANEOUS		27 divers	1:25 PM – 3:03 PM

Flighted Warm-Ups

3:40 PM – 5:55 PM

Central	3:40 PM – 4:25 PM
West	4:25 PM – 5:10 PM
East	5:10 PM – 5:55 PM

FINALS Session 13 6:30 PM – 6:58 PM

Warm-up 5:55 PM–6:30 PM

Group A Girls 1-Meter	SIMULTANEOUS		12 divers	6:30 PM – 6:58 PM
Group B Boys 3-Meter	SIMULTANEOUS		12 divers	6:30 PM – 6:58 PM
Group B Girls Platform	SIMULTANEOUS		12 divers	6:30 PM – 6:57 PM

FINALS Session 14 7:40 PM – 8:01 PM

Warm-up 7:05 PM–7:40 PM

Group D Girls 1-Meter	SIMULTANEOUS		12 divers	7:40 PM – 7:54 PM
Group C Boys 3-Meter	SIMULTANEOUS		12 divers	7:40 PM – 8:01 PM
Group C Girls Platform	SIMULTANEOUS		12 divers	7:40 PM – 7:58 PM

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● Sunday, August 2

Flighted Warm-Ups

7:00 AM – 9:15 AM

Central	7:00 AM – 7:45 AM
West	7:45 AM – 8:30 AM
East	8:30 AM – 9:15 AM

PRELIMINARIES Session 15 10:10 AM – 12:01 PM

Warm-up 9:15 AM–10:10 AM

Group C Girls 1-Meter	SIMULTANEOUS	27 divers	10:10 AM – 12:01 PM
Group D Girls 3-Meter	SIMULTANEOUS	29 divers	10:10 AM – 11:52 AM
Group D Boys Platform	SIMULTANEOUS	11 divers	10:10 AM – 10:43 AM

FINALS Session 16 12:50 PM – 1:08 PM

Warm-up 12:10 PM–12:50 PM

Group C Girls 1-Meter	SIMULTANEOUS	12 divers	12:50 PM – 1:04 PM
Group D Girls 3-Meter	SIMULTANEOUS	12 divers	12:50 PM – 1:04 PM
Group D Boys Platform	SIMULTANEOUS	12 divers	12:50 PM – 1:08 PM

USA Diving JUNIOR National Championships Participants ONLY

1:15 PM – 4:15 PM

Central	1:15 PM – 2:15 PM
West	2:15 PM – 3:15 PM
East	3:15 PM – 4:15 PM

USA Diving National Championship Qualifiers & National Championships participants ONLY

4:15 PM – 8:00 PM • until facility close

2026 USA Diving Junior National Championships



Monday, August 3

Flighted Warm-Ups

8:00 AM – 10:15 AM

East	8:00 AM – 8:45 AM
Central	8:45 AM – 9:30 AM
West	9:30 AM – 10:15 AM

PRELIMINARIES Session 17 11:10 AM – 1:05 PM

Warm-up 10:15 AM–11:10 AM

Group D Boys 1-Meter	SIMULTANEOUS	23 divers	11:10 AM – 12:31 PM
Group C Girls 3-Meter	SIMULTANEOUS	28 divers	11:10 AM – 1:05 PM
Group C Boys Platform	SIMULTANEOUS	21 divers	11:10 AM – 12:24 PM

Junior Athletes Open Training

1:10 PM – 3:10 PM

FINALS Session 18 4:00 PM – 4:27 PM

Warm-up 3:10 PM–3:50 PM

Group D Boys 1-Meter	SIMULTANEOUS	12 divers	4:00 PM – 4:14 PM
Group C Girls 3-Meter	SIMULTANEOUS	12 divers	4:00 PM – 4:14 PM
Group C Boys Platform	SIMULTANEOUS	12 divers	4:00 PM – 4:27 PM

FINALS Session 19 5:20 PM – 6:05 PM

Warm-up 4:35 PM–5:20 PM

Junior 14-18 Girls 3-Meter Synchro	SIMULTANEOUS	12 divers	5:20 PM – 5:55 PM
Junior 14-18 Boys Platform Synchro	SIMULTANEOUS	12 divers	5:20 PM – 6:05 PM

2026 USA Diving Junior National Championships



● Tuesday, August 4

Junior & Senior open training

8:00 AM – 11:00 AM

FINALS Session 20 12:05 PM – 12:50 PM

Warm-up 11:00 AM–11:55 AM

Junior 14-18 Boys 3-Meter Synchro

SIMULTANEOUS

12 divers

12:05 PM – 12:40 PM

Junior 14-18 Girls Platform Synchro

SIMULTANEOUS

12 divers

12:05 PM – 12:50 PM

Open training - Jr. Synchro Athletes & USA Nationals/USA Nationals Qualifier participants

1:00 PM – 6:00 PM

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Schedule subject to change • July 17, 2026