

2026 World Junior Diving Championships Trials Detailed Timeline

Practice Day Mon 5/4/26	Open Practice	8:00 AM				6:30 PM					
Practice Day Tue 5/5/26	Open Practice	8:00 AM				6:30 PM					
Technical Meeting						6:45 PM					
Day 1 Wed 5/6/26	Session 1	# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End	
	Open Practice	8:00 AM				10:30 AM					
	Preliminary Event	Boys 14-18 3m Synchro Prelim	5	2	45	7.5	30	10:30 AM	11:00 AM	11:05 AM	11:31 AM
		Girls 14-18 Platform Synchro Prelim	5	5	45	18.8	30				
	Open Practice	11:35 AM				2:30 PM					
	Session 2	# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End	
	Final Event	Boys 14-18 3m Synchro Final	5	2	45	7.5	30	2:30 PM	3:00 PM	3:05 PM	3:31 PM
		Girls 14-18 Platform Synchro Final	5	5	45	18.8	30				
	**Awards Ceremonies will start approx. 10 minutes at the conclusion of Finals										
	Open Practice	3:35 PM				6:30 PM					
Day 2 Thu 5/7/26	Session 3	# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End	
	Open Practice	8:00 AM				10:30 AM					
	Preliminary Event	Boys 14-18 Platform Synchro Prelim	5	2	45	7.5	30	10:30 AM	11:00 AM	11:05 AM	11:38 AM
		Girls 14-18 3m Synchro Prelim	5	7	45	26.3	30				
	Open Practice	11:40 AM				2:30 PM					
	Session 4	# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End	
	Final Event	Boys 14-18 Platform Synchro Final	5	2	45	7.5	30	2:30 PM	3:00 PM	3:05 PM	3:38 PM
		Girls 14-18 3m Synchro Final	5	7	45	26.3	30				
**Awards Ceremonies will start approx. 10 minutes at the conclusion of Finals											
Open Practice	3:40 PM				6:30 PM						

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Session 5		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Open Practice		7:00 AM				9:00 AM				
Preliminary Event	B Boys 3m Prelim	9	20	33	99.0	30	9:00 AM	9:30 AM	9:35 AM	11:14 AM
Preliminary Event	B Girls 1m Prelim	8	20	34	90.7		9:00 AM	9:30 AM	9:35 AM	11:05 AM
Session 6		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Preliminary Event	A Boys 1m Prelim	10	17	32	90.7	55	11:20 AM	12:15 PM	12:20 PM	1:50 PM
Preliminary Event	A Girls Platform Prelim	8	23	38	116.5		11:20 AM	12:15 PM	12:20 PM	2:16 PM
Open Practice		2:20 PM				4:00 PM				
Session 7		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Final Event	B Boys 3m Final	4	12	33	26.4	30	4:05 PM	4:35 PM	4:40 PM	5:06 PM
Final Event	B Girls 1m Final	3	12	34	20.4	30	4:05 PM	4:35 PM	4:40 PM	5:00 PM
Session 8		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Final Event	A Boys 1m Final	5	12	32	32.0	30	5:15 PM	5:45 PM	5:50 PM	6:22 PM
Final Event	A Girls Platform Final	4	12	38	30.4	30	5:15 PM	5:45 PM	5:50 PM	6:20 PM
** Awards Ceremonies for all of the day's finals will start approx. 10 minutes at the conclusion of the last final**										

Day 3
Fri 5/8/2026

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Day 4 Sat 5/9/2026	Session 9		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Open Practice		7:00 AM				9:00 AM				
	Preliminary Event	B Boys 1m Prelim	9	18	34	91.8	30	9:00 AM	9:30 AM	9:35 AM	11:06 AM
	Preliminary Event	B Girls 3m Prelim	8	21	34	95.2		9:00 AM	9:30 AM	9:35 AM	11:10 AM
	Session 10		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Preliminary Event	A Boys Platform Prelim	9	18	35	94.5	55	11:15 AM	12:10 PM	12:15 PM	1:49 PM
	Preliminary Event	A Girls 1m Prelim	9	23	32	110.4		11:15 AM	12:10 PM	12:15 PM	2:05 PM
	Open Practice		2:10 PM				4:00 PM				
	Session 11		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Final Event	B Boys 1m Final	4	12	34	27.2	30	4:05 PM	4:35 PM	4:40 PM	5:07 PM
	Final Event	B Girls 3m Final	3	12	34	20.4	30	4:05 PM	4:35 PM	4:40 PM	5:00 PM
	Session 12		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Final Event	A Boys Platform Final	5	12	35	35.0	30	5:15 PM	5:45 PM	5:50 PM	6:25 PM
	Final Event	A Girls 1m Final	4	12	32	25.6	30	5:15 PM	5:45 PM	5:50 PM	6:15 PM
	** Awards Ceremonies for all of the day's finals will start approx. 10 minutes at the conclusion of the last final**										

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Day 5 Sun 5/10/26	Session 13		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Open Practice		7:00 AM				9:00 AM				
	Preliminary Event	B Boys Platform Prelim	8	20	35	93.3	30	9:00 AM	9:30 AM	9:35 AM	11:08 AM
	Preliminary Event	A Girls 3m Prelim	9	27	32	129.6		9:00 AM	9:30 AM	9:35 AM	11:44 AM
	Session 14		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Preliminary Event	A Boys 3m Prelim	10	17	32	90.7	45	11:50 AM	12:35 PM	12:40 PM	2:10 PM
	Preliminary Event	B Girls Platform Prelim	7	20	35	81.7		11:50 AM	12:35 PM	12:40 PM	2:01 PM
	Open Practice		7:00 AM				9:00 AM				
	Session 15		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Final Event	B Boys Platform Final	4	12	35	28.0	45	2:20 PM	3:05 PM	3:10 PM	3:38 PM
	Final Event	A Girls 3m Final	4	12	32	25.6	45	2:20 PM	3:05 PM	3:10 PM	3:35 PM
	Session 16		# of Dives	# of Divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
	Final Event	A Boys 3m Final	5	12	32	32.0	45	3:45 PM	4:30 PM	4:35 PM	5:07 PM
	Final Event	B Girls Platform Final	3	12	35	21.0	45	3:45 PM	4:30 PM	4:35 PM	4:56 PM
	Awards Ceremonies will be DIRECTLY AFTER EACH FINALS SESSION - SESSION 15 AWARDS WILL TAKE PLACE DURING SESSION 16 EVENT WARM-UP										
	** All times are in ET and are subject to change										