

2025 USA DIVING NATIONAL CHAMPIONSHIPS TIMELINE

Date	Entries	# Dives	Seconds Per Dive	Minutes	Min Between Rounds	Total Est. Time	Start Time	End Time	Event	Notes
Wednesday, May 7							7:00 AM	5:00 PM	Open Training	Facility Opens at 6:30 am
Thursday, May 8							7:00 AM	12:00 PM	Open Training	
							12:00 PM	12:45 PM	Technical Meeting (MANDATORY)	POOL CLOSED *Online option will be available
							12:45 PM	4:28 PM	Open Training	
	9	45	40	30 min		60 min	4:30 PM	4:55 PM	Event Warm Up	
	17	102	31	52 min			5:00 PM	6:00 PM	Women's 10m Qualifier Men's 3m Qualifier	Simultaneous
POOL CLOSED AT CONCLUSION OF EVENTS										
Friday, May 9							7:00 AM	9:20 AM	Open Training	
							9:25 AM	9:55 AM	Event Warm Up	
	3	30	35	32 min	1 min	24 min	10:00 AM	10:25 AM	Mixed 10m Synchro Final	**if under 7 entries, there will be a 1 minute timer, after each dive starting after scores are read
							10:30 AM	10:35 AM	Mixed 10m Synchro Awards	
							10:40 AM	11:55 AM	Event Warm Up	1m/PL Open until 11:40 AM
	5	25	32	14 min	1 min	21 min	12:00 PM	12:25 PM	Mixed 3m Synchro Final	**if under 7 entries, there will be a 20 second timer, after each dive starting after scores are read
							12:30 PM	12:35 PM	Mixed 3m Synchro Awards	
							12:40 PM	4:30 PM	Open Training	
							4:30 PM	4:55 PM	Event Warm Up	
	25	125	32	67 min		70	5:00 PM	6:10 PM	Women's 3m Qualifier Men's 1m Qualifier	Simultaneous
11	66	30	33 min							
POOL CLOSED AT CONCLUSION OF EVENTS										
Saturday, May 10							7:00 AM	9:00 AM	Open Training	
							9:00 AM	9:55 AM	Event Warm Up	
	6	30	34	38 min		40 min	10:00 AM	10:40 AM	Women's 10m Synchro Prelim	Combined
	6	36							Men's 3m Synchro Prelim	
							10:45 AM	2:25 PM	Open Training	
							2:25 PM	2:50 PM	Event Warm Up	
							2:55 PM	2:58 PM	Synchro Introductions	
	6	30	45	50 min	1 min	55 min	3:00PM	3:55 PM	Women's 10m Synchro Final	Combined
	6	36							Men's 3m Synchro Final	
							4:00 PM	4:10 PM	Synchro Awards	
							4:10 PM	4:30 PM	Open Training	
							4:30 PM	4:55 PM	Event Warm Up	
18	90	30	45 min		50 min	5:00 PM	5:50 PM	Women's 1m Qualifier	Simultaneous	
9	54	36	33 min					Men's 10m Qualifier		
POOL CLOSED AT CONCLUSION OF EVENTS										

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Sunday, May 11							7:00 AM	9:00 AM	Open Training		
							9:00 AM	9:55 AM	Event Warm Up		
	7	35	35				10:00 AM	10:40 AM	Women's 3m Synchro Prelim	Combined	
	4	24				40 min			Men's 10m Synchro Prelim		
							10:40 AM	2:25 PM	Open Training		
							2:25 PM	2:50 PM	Event Warm Up		
							2:55 PM	2:58 PM	Synchro Introductions		
	7	35	35			1 min	45 min	3:00PM	3:45 PM	Women's 3m Synchro Final	Combined
	4	24							Men's 10m Synchro Final		
							3:50 PM	4:00 PM	Synchro Awards		
						4:00 PM	6:30 PM	Open Training			
POOL CLOSED AT 6:30 PM											
Monday, May 12							7:00 AM	9:00 AM	Open Training		
							9:00 AM	9:55 AM	Event Warm Up	1m Closed for Competitors, 3m/PL Open	
	"	140	30	70 min		75 min	10:00 AM	11:15 AM	Women's 1m Prelim		
							11:15 AM	12:00PM	Open Training		
							12:00 PM	12:55 PM	Event Warm Up	1m Closed for Competitors, 3m/PL Open	
	"	174	30	87 min		90 min	1:00 PM	2:30 PM	Men's 1m Prelim		
							2:30 PM	4:55 PM	Open Training		
							4:55 PM	5:20 PM	Event Warm Up	1m Closed for Competitors, 3m/PL Open	
							5:25 PM	5:28 PM	Women's 1m Final Introduction		
	"	40	45	28 min	1 min	33 min	5:30 PM	6:03 PM	Women's 1m Final		
							6:05 PM	6:30 PM	Event Warm Up	1m Closed for Competitors, 3m/PL Open	
	"	40	45	28 min	1 min	33 min	6:35 PM	6:38 PM	Men's 1m Final Introduction		
						6:40 PM	7:15 PM	Men's 1m Final			
						7:20 PM	7:30 PM	1m Awards			
POOL CLOSED AT CONCLUSION OF EVENTS											
Tuesday, May 13							7:00 AM	9:00 AM	Open Training		
							9:00 AM	9:55 AM	Event Warm Up	3m Closed for Competitors, 1m/PL Open	
	"	198	30	100 min		105 min	10:00 AM	11:45 AM	Men's 3m Prelim		
							11:50 AM	12:55 PM	Event Warm Up	1m/3m Open until 2:10 PM	
	"	140	38	88 min		90 min	1:00 PM	2:30 PM	Women's 10m Prelim		
							2:30 PM	3:30 PM	Open Training		
							3:30 PM	3:55 PM	Event Warm Up	3m Closed for Competitors, 1m/PL Open	
	"	108	35	63 min		65 min	4:00 PM	5:05 PM	Men's 3m Semifinal		
						5:05 PM	5:30 PM	Event Warm Up	PL Closed for Competitors, 1m/3m Open		
"	90	38	57 min		60 min	5:35 PM	6:35 PM	Women's 10m Semifinal			
POOL CLOSED AT CONCLUSION OF EVENTS											

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Wednesday, May 14							7:00 AM	9:00 AM	Open Training	
							9:00 AM	9:55 AM	Event Warm Up	3m/PL Closed for Competitors, 1m Open
	"	150	30	75 min		80 min	10:00 AM	11:20 AM	Women's 3m Prelim	
							11:25 AM	12:25 PM	Event Warm Up	1m/3m Open until 12:10 PM
	"	132	38	84 min		90 min	12:30 PM	2:00 PM	Men's 10m Prelim	
							2:00 PM	3:30 PM	Open Training	
							3:30 PM	3:55 PM	Event Warm Up	3m Closed for Competitors, 1m/PL Open
	"	90	35	53 min		55 min	4:00 PM	4:55 PM	Women's 3m Semifinal	
						4:55 PM	5:20 PM	Event Warm Up	PL Closed for Competitors, 1m/3m Open	
	108	38	69 min		70 min	5:25 PM	6:35 PM	Men's 10m Semifinal		
POOL CLOSED AT CONCLUSION OF EVENTS										
Thursday, May 15							7:00 AM	11:20 AM	Open Training	
							11:20 AM	11:45 AM	Event Warm Up	
							11:50 AM	11:55 AM	Men's 3m Final Introduction	
	"	72	50	60 min	1 min	70 min	12:00 PM	1:10 PM	Men's 3m Final	
							1:10 PM	1:35 PM	Event Warm Up	
							1:38 PM	1:40 PM	Women's 10m Final Introduction	
	"	60	50	50 min	1 min	55 min	1:45 PM	2:40 PM	Women's 10m Final	
							2:42 PM	2:45 PM	Men's 3m Awards	
						2:45 PM	2:50 PM	Women's 10m Awards		
						2:50 PM	5:00 PM	Open Training		
POOL CLOSED AT CONCLUSION OF EVENTS										
Friday, May 16							7:00 AM	11:20 AM	Open Training	
							11:20 AM	11:45 AM	Event Warm Up	
							11:50 AM	11:55 AM	Women's 3m Final Introduction	
	12	60	50	50 min	1 min	60 min	12:00 PM	1:00 PM	Women's 3m Final	
							1:00 PM	1:25 PM	Event Warm Up	
							1:28 PM	1:30 PM	Men's 10m Final Introduction	
	12	72	50	60 min	1 min	65 min	1:35 PM	2:40 PM	Men's 10m Final	
							2:45 PM	2:50 PM	Women's 3m Awards	
						2:50 PM	2:55 PM	Men's 10m Awards		
POOL CLOSED AT CONCLUSION OF EVENT										
All Event Times are in local time										
Updated 5.2 v.2										