



USA Diving East Championships

DAY 1

Tuesday, June 23, 2026

2:00 PM-8:00 PM

Open Practice

Open practice.

DAY 2

Wednesday, June 24, 2026

1:00 PM-7:00 PM

Open Practice

Zone A - 1:00 - 3:00 PM Zone B 3:00 - 5:00 PM Zone A 5:00 - 6:00 PM Zone B 6:00 - 7:00 PM

7:00 PM-8:00 PM

Technical Meeting

DAY 3

Thursday, June 25, 2026

6:30 AM-8:00 AM

Open Practice

Open practice.

8:00 AM-10:26 AM

Session 1

Warm-up: 8:00 AM-8:45 AM

- Group A Girls 1m Prelim
- SPLIT Group A Boys 3m Prelim

10:30 AM-12:52 PM

Session 2

Warm-up: 10:30 AM-11:15 AM

- Group B Girls Platform Prelim
- Group B Boys 1m Prelim

12:55 PM-2:38 PM

Session 3

Warm-up: 12:55 PM-1:40 PM

- SPLIT Group C Girls 3m Prelim
- Group D Boys 1m Prelim

2:45 PM-3:45 PM

Open Training

Open training.

3:55 PM-5:07 PM

Session 4

Warm-up: 3:55 PM-4:20 PM

- Group A Girls 1m Final
- Group A Boys 3m Final

5:20 PM-6:19 PM

Session 5

Warm-up: 5:20 PM-5:45 PM

- Group B Girls Platform Final
- Group B Boys 1m Final

6:30 PM-7:16 PM

Session 6

Warm-up: 6:30 PM-6:55 PM

- Group C Girls 3m Final
- Group D Boys 1m Final

****The pool will be open for practice each day until 8:00 pm**

6:30 AM-8:00 AM**Open Practice**

Open practice.

8:00 AM-10:53 AM**Session 7**

Warm-up:8:00 AM-8:45 AM

- Group A Girls Platform Prelim
- Group A Boys 1m Prelim

10:55 AM-1:14 PM**Session 8**

Warm-up:10:55 AM-11:40 AM

- Group B Girls 1m Prelim
- Group B Boys 3m Prelim

1:15 PM-3:00 PM**Session 9**

Warm-up:1:15 PM-2:00 PM

- Group D Girls 1m Prelim
- Group C Boys Platform Prelim

3:05 PM-4:05 PM**Open Training**

Open training.

4:15 PM-5:12 PM**Session 10**

Warm-up:4:15PM-4:40 PM

- Group A Girls Platform Final
- Group A Boys 1m Final

5:25 PM-6:17 PM**Session 11**

Warm-up:5:25PM-5:50 PM

- Group B Girls 1m Final
- Group B Boys 3m Final

6:30 PM-7:22 PM**Session 12**

Warm-up:6:30PM-6:55 PM

- Group D Girls 1m Final
- Group C Boys Platform Final

****The pool will be open for practice each day until 8:00 pm**

6:30 AM-8:00 AM**Open Practice**

Open practice.

8:00 AM-10:16 AM**Session 13**

Warm-up:8:00AM-8:45 AM

- Group B Girls 3m Prelim
- Group A Boys Platform Prelim

10:20 AM-12:11 PM**Session 14**

Warm-up:10:20 AM-11:05 AM

- SPLIT Group C Girls 1m Prelim
- Group C Boys 3m Prelim

12:15 PM-1:25 PM**Session 15**

Warm-up:12:15 PM-1:00 PM

- Group D Girls Platform Prelim
- Group D Boys 3m Prelim

1:30 PM-2:30 PM**Open Training**

Open training.

2:40 PM-3:43 PM**Session 16**

Warm-up:2:40PM-3:05 PM

- Group B Girls 3m Final
- Group A Boys Platform Final

3:55 PM-4:41 PM**Session 17**

Warm-up:3:55PM-4:20 PM

- Group C Girls 1m Final
- Group C Boys 3m Final

4:55 PM-5:47 PM**Session 18**

Warm-up:4:55PM-5:20 PM

- Group D Girls Platform Final
- Group D Boys 3m Final

****The pool will be open for practice each day until 8:00 pm**

6:30 AM-8:00 AM**Open Practice**

Open practice.

8:00 AM-10:40 AM**Session 19**

Warm-up:8:00AM-8:45 AM

- Group A Girls 3m Prelim
- Group B Boys Platform Prelim

10:45 AM-12:42 PM**Session 20**

Warm-up:10:45 AM-11:30 AM

- Group C Girls Platform Prelim
- Group C Boys 1m Prelim

12:45 PM-2:26 PM**Session 21**

Warm-up:12:45 PM-1:30 PM

- Group D Girls 3m Prelim
- Group D Boys Platform Prelim

2:35 PM-3:30 PM**Open Practice**

Open practice.

3:40 PM-4:39 PM**Session 22**

Warm-up:3:40PM-4:05 PM

- Group A Girls 3m Final
- Group B Boys Platform Final

4:50 PM-5:42 PM**Session 23**

Warm-up:4:50PM-5:15 PM

- Group C Girls Platform Final
- Group C Boys 1m Final

5:55 PM-6:47 PM**Session 24**

Warm-up:5:55PM-6:20 PM

- Group D Girls 3m Final
- Group D Boys Platform Final