

Time	Wednesday - 6/21			Thursday - 6/22			Time	Friday - 6/23			Saturday - 6/24			Sunday - 6/25				
	1mt	Tower	3mt	1mt	Tower	3mt		1mt	Tower	3mt	1mt	Tower	3mt	1mt	Tower	3mt		
8:00 AM							8:00 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5				
8:15 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 6			Flighted Warmups - Region 5		
8:30 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
8:45 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
9:00 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
9:15 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
9:30 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
9:45 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
10:00 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
10:15 AM							Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6		
10:30 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
10:45 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
11:00 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
11:15 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
11:30 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
11:45 AM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
12:00 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
12:15 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
12:30 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
12:45 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
1:00 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
1:15 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
1:30 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
1:45 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
2:00 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
2:15 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
2:30 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
2:45 PM	Flighted Warmups - Region 5			Flighted Warmups - Region 6			Flighted Warmups - Region 5			Flighted Warmups - Region 6								
3:00 PM	Open Training			Open Training			Open Training			Open Training								
3:15 PM	Open Training			Open Training			Open Training			Open Training								
3:30 PM	Open Training			Open Training			Open Training			Open Training								
3:45 PM	Open Training			Open Training			Open Training			Open Training								
4:00 PM	Open Training			Open Training			Open Training			Open Training								
4:15 PM	Open Training			Open Training			Open Training			Open Training								
4:30 PM	Open Training			Open Training			Open Training			Open Training								
4:45 PM	Open Training			Open Training			Open Training			Open Training								
5:00 PM	Open Training			Open Training			Open Training			Open Training								
5:15 PM	Open Training			Open Training			Open Training			Open Training								
5:30 PM	Open Training			Open Training			Open Training			Open Training								
5:45 PM	Open Training			Open Training			Open Training			Open Training								
6:00 PM	Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving								
6:15 PM	Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving								
6:30 PM	Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving								
6:45 PM	Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving			Coaches Meeting - No Diving								
7:00 PM	Open Training			Open Training			Open Training			Open Training								
7:15 PM	Open Training			Open Training			Open Training			Open Training								
7:30 PM	Open Training			Open Training			Open Training			Open Training								
7:45 PM	Open Training			Open Training			Open Training			Open Training								

Counts as of 6/12/2023		Tower				1mt				3mt			
Event	Group	Divers in Event	Number of Dives	Warmup Time in Minutes	Event Time in Minutes	Divers in Event	Number of Dives	Warmup Time in Minutes	Event Time in Minutes	Divers in Event	Number of Dives	Warmup Time in Minutes	Event Time in Minutes
Girls 11U	D	3	5	60	8	11	6	45	33	9	6	60	27
Girls 12-13	C	6	6	60	18	18	8	60	72	9	8	60	36
Girls 14-15	B	12	7	90	42	25	9	90	113	19	9	60	86
Girls 16-18	A	28	9	90	126	28	10	90	140	28	10	90	140
Boys 11U	D	2	5	60	5	4	6	60	12	3	6	45	9
Boys 12-13	C	4	7	60	14	9	8	60	36	9	8	45	36
Boys 14-15	B	10	8	90	40	19	9	60	86	17	9	60	77
Boys 16-18	A	16	10	90	80	28	11	90	154	28	11	90	154
<i>Color coded events are combined</i>		81	57	5.0	2.8	142	67	4.6	5.4	122	67	4.3	4.7