



# Coaches' Information Guide

Welcome to Mission Viejo and the 2025 USA Diving Junior Nationals Championships. This is the second time this event has been held on the West Coast since 2010, and we are happy you are here. Please feel free to ask our staff questions, but we have tried to include information pertaining to all aspects of the competition in this resource guide. A special thank you to our sponsors and major donors:



## Contact Information

USA Diving National Events Director	Mike Retcher	419.789.0594
USA Diving Events & Membership	Riley McNichols	216.789.3423
USA Diving Events Coordinator	Owen Weymouth	715.716.0352
USA Diving Communications & Marketing Specialist	Acadia Schwartz	
USA Diving Strategic Initiatives Coordinator	Gerry Dunn	
MVN Asst. Technical Manager	Dan Badstubner	949.322.0182
MVN Executive Director	Michele Mitchell	520.661.4937
Manager of Volunteers	Teri Chamoures	949.290.8669

## The Venue

The Marguerite Aquatics Complex is located at 27474 Casta Del Sol, Mission Viejo, CA 92692. The facility has three 1-meters, three 3-meters, 1,3,5,7.5, 10-meter platforms, sparger system, video replay, 3 dryland boards into a pit, 2 in-ground trampolines, and a bounce floor.

### Platforms

- Platform divers must yield to the announcer during training sessions

### Dryland and Sparger System

- The dryland boards will only be open during flighted workout times. Coaches must be present – at the side of dryland – for divers to use the dry boards.
- The floor will be open during all training times.
- The sparger system will not be available for use during warmup or competition days.

## Key Dates

- Coaches' Technical Meeting – Thursday, July 24 1:00-2:00 – Marguerite Tennis Pavilion
- Opening Ceremony – Saturday, July 26 - 6:00 pm at the MAC (lineup at 5:30)
- Picnic and Social – Saturday, July 26 – immediately following Opening Ceremony (Taco bar on site 4:00-8:00 pm) (pre-sale of tickets – use QR code here)
- Coaches' Social sponsored by PDCA – Sunday, July 27 6:00-8:00 pm (cash bar and food) – Oso Creek Golf Course
- Training Days/Times ○ Thursday, July 24 – all day 8:00 am – 7:00 pm (by flights)
- Post competition daily training - See detailed schedule for exact times.



## Coaches' Technical Meeting

- Thursday, July 24 - 1:00-2:00** – Marguerite Tennis Pavilion (right next door in hospitality area)

## Coaches Social – Sponsored by PDCA

- Sunday, July 27 6:00 – 8:00 pm at Oso Creek Golf Course** across from pool. Cash bar and food.

## Dive Sheets

Dive entries and changes must be made at [divemeets.com](http://divemeets.com). Change opportunities will end 3 hours prior to each event.

## Dive Changes

All athlete dive list changes, including payment, MUST be done through DiveMeets. Athletes may log in to their DiveMeets account to review and update their dive sheets within the timeline below: 1.

Changes may be made online at no cost before 6pm the night prior to the first day's events, and before 12pm the day prior to all competition days thereafter.

2. After the times designated above, athletes may make changes to their dive sheets online at a cost of \$15 per event up until 3 hours prior to their event start time.
3. Dive changes will no longer be accepted three hours prior to the event's start time

## Registration Information

- All coach, athlete, staff, and officials' memberships must be renewed through the USA Diving Membership Portal. To participate in an event, you must be "Current" and in good standing with USA Diving. All FINA 18 athletes (even those aged 17 who will turn 18 by December 31<sup>st</sup>) MUST complete their Safe Sport training and Background Screening prior to earning "current" membership status and being eligible to register through DiveMeets for USA Diving sanctioned events. All event registration is done through DiveMeets. Be aware of the **Late Fee in Effect** dates. Athletes may still register until 3 hours prior to their event start time after the Late Fee goes into effect.
- Coaches: Coach Registration is REQUIRED. A coach member must be registered through Divemeets; any coach member who fails to register by the online registration deadline may still participate in the competition by registering at the meet site and paying a \$20 late fee. Please be sure to have proof of current USA Diving membership. If not yet current, coaches must become current by completing all membership requirements or reaching out to USA Diving, but no ineligible or pending coach may be present on the pool deck until proof of current USA Diving membership is provided.
  - Coaches must register on DiveMeets.com, signifying their intent to attend. A list of confirmed coaches is located at the "Credential and Registration" table at the facility.
- Athletes: All athlete registration – including late registration – is now run online. Athletes MUST register online at DiveMeets.com. The DiveMeets system will verify USA Diving Athlete Membership. Only those who hold a current USA Diving Competition Athlete membership will be allowed to register for the 2025 Junior National Championships. If an athlete does not have the appropriate membership type ("Competition Athlete"), they must go to the [USADiving.org](http://USADiving.org) and follow membership instructions to upgrade their membership from "Athlete" to "Competition Athlete." For any membership questions, please reach out to Riley McNichols ([riley.mcnichols@usadiving.org](mailto:riley.mcnichols@usadiving.org)).
  - To receive a credential, athletes checking in must be on the verified list at the "Credential and Registration" table at the facility.

## Credentials

Credentials will be required to move into the pool area as well as the hospitality area. Please be sure to wear your credentials daily.

## Spectator Tickets

- All tickets can be purchased at [mvndiving.com/store](https://mvndiving.com/store) or [divemeets.com](https://divemeets.com).
- **Spectator seating will be open AFTER 7:00 am** each day.
- **Beginning on the first competition day, no spectators will be allowed in the grandstands without purchasing a ticket.**
- The small, shaded bleachers are reserved for the elderly, physically challenged and families with small children and babies.

### 2025 USA DIVING JUNIOR NATIONAL CHAMPIONSHIPS - SPECTATOR TICKETS

<b>Daily</b>	\$15.00 - Daily All Day	\$10.00 - Daily All Day: Senior (65+)/Military/Child under 12 (under 5 free)
<b>4-day Session</b> (July 25-28)	\$50.00 - 4 Day Session All Day	\$35.00 - 4 Day Session All Day: Senior (65+)/ Military/Child under 12 (under 5 free)
<b>6-day Session</b> (July 29-August 3)	\$80.00 – 6 Day Session All Day	\$55.00 - 6 Day Session All Day: Senior (65+)/ Military/Child under 12 (under 5 free)
<b>All-Session</b> (July 25-August 3)	\$130.00 - ALL Sessions	\$90.00 - All Sessions: Senior (65+)/Military/Child under 12 (under 5 free)





## Snack Bar and other food services

- Crave – a professional caterer – will be on site most of every day for cold and hot, made-to order healthy meals, along with snacks and drinks of all kinds.
- The event will be live streamed at the Terrace on the Green at Oso Creek Golf Course. Keep your parking spot, walk 5 minutes across the street, and watch live action, while enjoying a drink, breakfast, lunch or happy hour!

Oso Creek features 2 outdoor restaurants with incredible views of the golf course and Saddleback Mountains. **Terrace on the Green:** With a dedication to sourcing responsibly from California farms, its food is crafted with the freshest meats, poultry, fish, and produce available. **Garden + Grille:** A casual spot featuring a selection of savory grilled links.



**Terrace on the Green and Garden + Grille**  
Open for Breakfast, Lunch and Dinner

Just a short walk across the street!

	<u>Terrace on the Green</u> Full service restaurant	<u>Garden + Grille</u> Outdoor eatery with a grab-n-go menu
Breakfast	8-11 am	
Lunch	11 am - 3 pm	Open daily
Dinner	3-8 pm	10 am - 5 pm

Walk-ins welcome. For reservations or to go orders, call 949-470-4995

## Bleacher Seat Rentals

Daily rental of bleacher seats is available on site at the ticket booth.

## Parking

- Parking is free at the Marguerite Aquatics Complex and along Marguerite Parkway in front of the pool.
- Be sure to park in designated areas and not to park in any reserved spot.
- Observe the directions of parking attendants and parking security.

## Restrooms/Locker Rooms

- Just off the pool deck.
- Spectator and coach restrooms are also located At the Swim School and in the Tennis Pavilion

## First Aid/Athletic Trainers

- Trainers will be available for the athletes in the medical tent.
- The facility is also equipped with AED and Narcan.

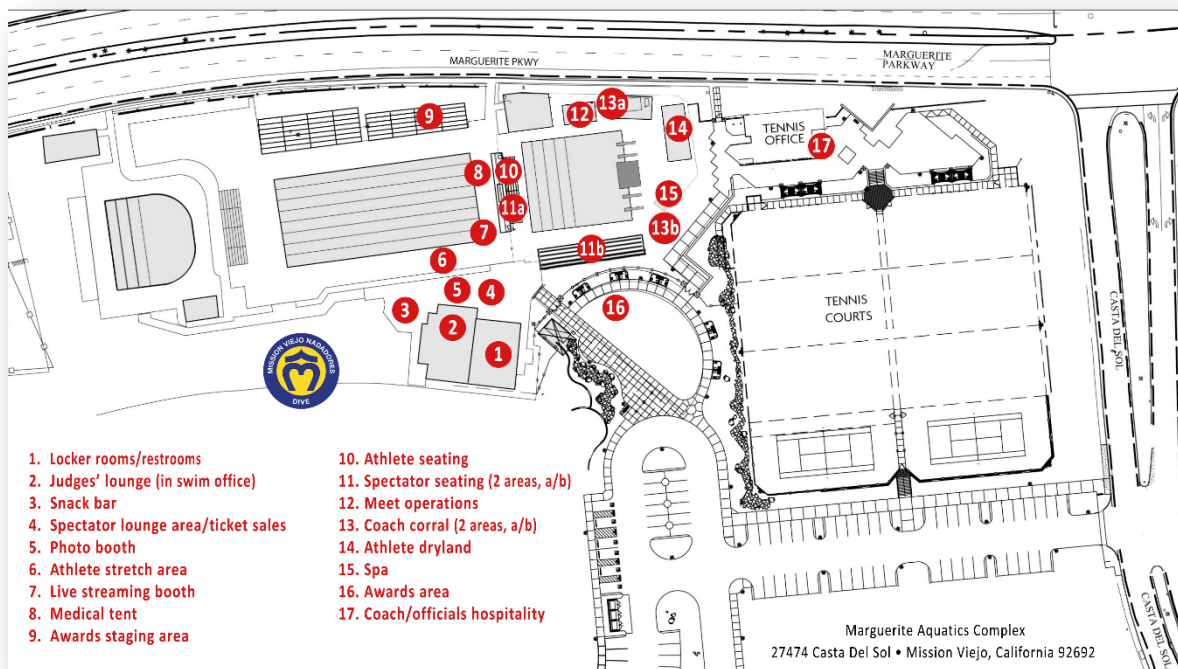


**BLEACHER CHAIR RENTALS  
COMING TO MAC!**

Bleacher chairs will now be available for all major events. Rent yours in the the pool plaza area for \$15 per day.



## Event Venue Layout



## Equipment to bring

- Mission Viejo provides Gatorade and water to athletes, spectators, and coaches but, in accordance with city policies, cups are not provided.
- Gatorade water bottles will be provided in participant goody bags.

## WiFi

The facility has strong public WiFi

## Live Stream

Livestream of the competition will broadcast at **rth.tv**.

Keep your parking spot and relax, while watching a livestream across the street at the **Oso Creek Golf Course!**

## Expectations of Spectators, Coaches, and all Adults

The Mission Viejo Nadadores promote good sportsmanship by athletes, coaches, parents, and fans. We request your cooperation in supporting the athletes and officials in a positive manner. Profanity, derogatory comments, or other intimidating actions directed toward athletes, officials, team representatives or other fans, will not be tolerated and are grounds for removal from the venue. We

appreciate your cooperation in creating a safe and positive competitive environment. RESPECT, IT'S THE NAME OF THE GAME.

## Hospitality

Hospitality for coaches and officials is in the Tennis Pavilion right next to the Aquatic Center. From the pool deck go out to the grass area and walk around to the entrance of the pavilion. Credentials are required to enter. Service Times:

### **July 25 – July 26 – July 27 – July 28**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 5:30

### **July 29**

- Breakfast – Closed
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 5:30 pm

### **July 30**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 1:30 pm
- Dinner – 5:30 – 6:30 pm **(by reservation only - Sign up by July 28 at 5:00 pm in coaches' hospitality)**

### **August 1 – August 2**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 4:00 pm

### **August 3**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 1:30 pm
- Dinner – 5:30 – 6:30 pm **(by reservation only - Sign up by August 1 at 5:00 pm in coaches' hospitality)**

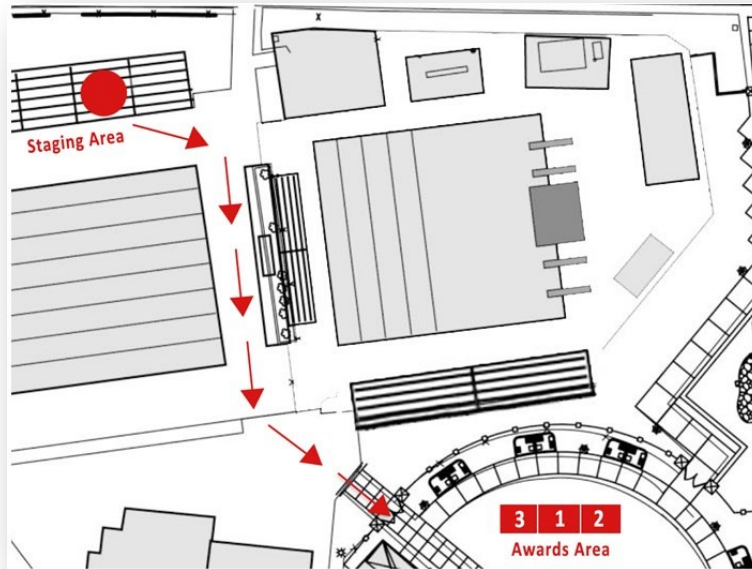
## Opening Ceremony

When:	Saturday, July 26 beginning at 6:00 pm
Athlete Arrival:	5:30 pm – line up in the swimming grandstands and receive team placard
Ceremony:	March in and presentation of teams National Anthem, Dedication of Dive Well, Speeches, Coach competition, March Out
Seating:	The event is free for spectators, but grandstand seating will be limited.
Meals:	Taco bar on site is open from 4:00-7:30 pm



## Awards Ceremony Protocols

Presentation of awards will take place immediately following each event.



Awards will be presented by the winner's coach or designee, along with a sponsor presenter.

Athletes should wear a suit & sweats, or a suit & shirt on the awards stand. Please no towels on the awards stand.

Athletes must report to the swim bleachers for awards line up. All finalists will parade to the awards area for presentation of medals.

## On Site Vendors

Crave – prepared to order breakfast, lunch and snacks

Erie Action Shots Only July 25-28

John Wayne Foundation “Block the Blaze” July 31 (sunscreen protection education)

**2025 DIVE NATIONALS PHOTO SPECIAL!**  
**MUST BE PURCHASED BEFORE ATHLETE COMPETES!**





**DIGITAL IMAGE PACKAGES PRE-ORDER ONLY:**  
**Preorder Your Athlete's Digital Images \$75 Per Board**  
PACKAGE INCLUDES APPROXIMATELY 25+ IMAGES PER BOARD, UNEDITED, HIGH RESOLUTION DIGITAL IMAGES WITH COPYRIGHT RELEASES, MULTIPLE ATTEMPTS INCLUDED

**PRE-ORDER NOW!**



**WE ONLY PHOTOGRAPH ATHLETES WHO PRE-ORDER.**

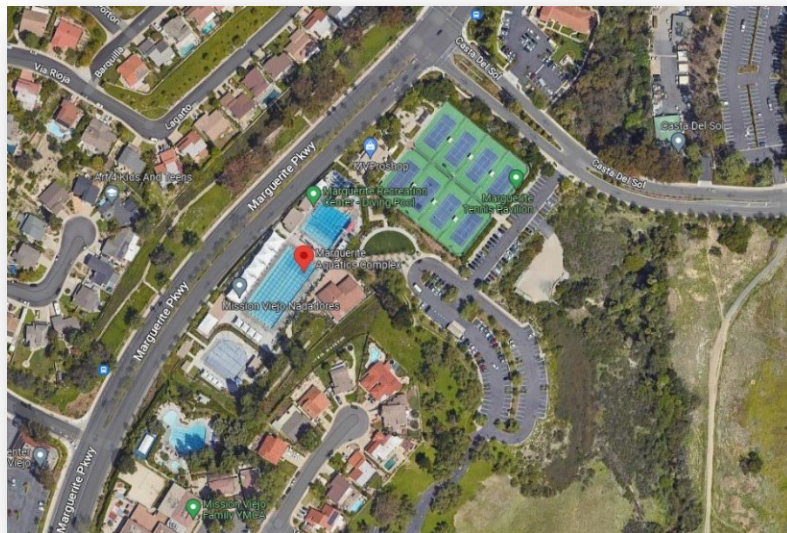
**AVAILABLE ONLY FOR DIVERS COMPETING JULY 25-JULY 28, 2025**  
<https://www.actionshotserie.com/album/4808377/>

814-882-9541

ERIEACTIONSHOTS@GMAIL.COM

## Directions to Marguerite Aquatics Complex

From the 5 Freeway exit La Paz Road (89). Use the left 2 lanes if coming from 5 south, and 2 right lanes if coming from north 5. Turn east onto La Paz Road. Travel approximately 1.1 miles on La Paz Road, then use the left 2 lanes to turn left onto Marguerite Parkway. Go approximately 1.8 miles and turn right onto Casta Del Sol. In approximately 350 feet make a right into the parking lot.



## Schedule for Training

[illegible]

## Schedule of Competition Events

**FRIDAY, July 25**[illegible]

## SATURDAY, July 26

Day 2 - July 26	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 3				30 min	6:30 AM	7:00 AM	All
Group 1				30 min	7:00 AM	7:30 AM	All
Group 2				30 min	7:30 AM	8:00 AM	All
<b>Event Warm Up</b>							
D Boys 3m				55 min	8:00 AM	8:55 AM	
D Girls Plat				55 min	8:00 AM	8:55 AM	
C Girls 1m				55 min	8:00 AM	8:55 AM	
<b>National Anthem</b>				5 min	8:55AM	8:58 AM	NONE
D Boys 3m Prelims	21/21	6	63	1h 6			
D Girls Plat Prelims	24	6	86	1h 25	9:00 AM	10:30 AM	
C Girls 1m Prelims	21/21	7	74	1h 15			
<b>Group Training</b>	<b>**Buffer time to CLEAR ALL BOARDS before the next group starts**</b>						
Group 3				1h 15	10:35 AM	11:50 AM	All
Group 1				1h 15	11:53 AM	1:08 PM	All
Group 2				1h 15	1:10 PM	2:25 PM	All
<b>Event Warm Up</b>				40 min	2:30 PM	3:10 PM	
D Boys 3m Semi-Final	24	6	72	1h 15			
D Girls Plat Semi-Final	24	6	86	1h 25	3:15 PM	4:45 PM	
C Girls 1m Semi-Final	24	7	84	1h 25			
<b>Introductions/Event Warm Up</b>				25 min	4:50 PM	5:15 PM	NONE
D Boys 3m Final	12	3	18	20 min			
D Girls Plat Final	12	2	14	20 min	5:20 PM	5:45 PM	
C Girls 1m Final	12	2	12	15 min			
<b>Awards</b>					5:50 PM	6:00 PM	
Opening Ceremonies					6:00 PM	7:30 PM	
<b>Pool Closed</b>							



## SUNDAY, July 27

Day 3 - July 27	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1				30 min	6:30 AM	7:00 AM	All
Group 2				30 min	7:00 AM	7:30 AM	All
Group 3				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
C Girls Plat				55 min	8:00 AM	8:55 AM	
C Boys 3M				55 min	8:00 AM	8:55 AM	
D Boys 1m				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55AM	8:58 AM	NONE
C Girls Plat Prelims	24	6	86	1h 45	9:00 AM	10:45 AM	
C Boys 3M Prelims	21/21	8	84	1h 25			
D Boys 1m Prelims	21/21	6	63	1h 5			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 1				1h 15	10:50 AM	12:05 PM	All
Group 2				1h 15	12:08 PM	1:23 PM	All
Group 3				1h 15	1:25 PM	2:40 PM	All
Event Warm Up				40 min	2:45 PM	3:25 PM	
C Girls Plat Semi-Final	24	6	86	1h 30	3:30 PM	5:10 PM	
C Boys 3M Semi-Final	24	8	96	1h 35			
D Boys 1m Semi-Final	24	6	72	1h 12			
Introductions/Event Warm Up				25 min	5:15 AM	5:40 PM	NONE
C Girls Plat Final	12	2	14	20 min	5:45 PM	6:10 PM	
C Boys 3m Final	12	3	18	20 min			
D Boys 1m Final	12	2	12	15 min			
Awards					6:15 PM	6:25 PM	
Open				1h 30	5:35 PM	7:05 PM	All
Pool Closed							

## MONDAY, July 28

Day 4 - July 28	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
C Boys Plat				55 min	8:00 AM	8:55 AM	
C Girls 3m				55 min	8:00 AM	8:55 AM	
D Girls 1m				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
C Boys Plat Prelims	21	7	88	1h 5	9:00 AM	10:30 AM	
C Girls 3M Prelims	21/21	7	74	1h 15			
D Girls 1m Prelims	21/21	6	63	1h 25			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 2				1h 15	10:35 AM	11:50 AM	All
Group 3				1h 15	11:53 AM	1:08 PM	All
Group 1				1h 15	1:10 PM	2:25 PM	All
Event Warm Up				40 min	2:30 PM	3:10 PM	
C Boys Plat Semi-Final	24	7	101	1h 45	3:15 PM	5:00 PM	
C Girls 3m Semi-Final	24	7	84	1 hr 25			
D Girls 1m Semi-Final	24	6	72	1h 12			
Introductions/Event Warm Up				25 min	5:05 PM	5:30 PM	NONE
C Boys Plat Final	12	3	22	20 min	5:35 PM	5:50 PM	
C Girls 3m Final	12	2	12	15 min			
D Girls 1m Final	12	2	12	15 min			
Awards					5:55 PM	6:05 PM	
Group 2				45 min	6:10 PM	6:55 PM	All
Group 3				45 min	6:58 PM	7:43 PM	All
Group 1				45 min	7:45 PM	8:30 PM	All
Pool Closed							

## TUESDAY, July 29

Day 5 - July 29	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Open	*days events only			1h	6:30 AM	7:30 AM	All
Group 3				1h 30	7:30 AM	9:00 AM	All
Group 1				1h 30	9:00 AM	10:30 AM	All
Group 2				1h 30	10:30 AM	12:00 PM	All
Event Warm Up							
A Girls 1m				55 min	12:00 PM	12:55 PM	
B Boys 3m				55 min	12:00 PM	12:55 PM	
Open				55 min	12:00 PM	12:55 PM	
National Anthem				5 min	12:55 PM	12:58 PM	NONE
A Girls 1m Prelims	22/22	9	99	1h 40	1:00 PM	2:45 PM	
B Boys 3m Prelims	21/21	9	95	1h 35			
Event Warm Up				55 min	2:50 PM	3:45 PM	
B Girls Plat Prelims	24	7	101	1h 40	3:50 PM	5:40 PM	
A Boys 1m Prelims	21/21	10	105	1h 45			
Training							
Group 3				45 min	5:45 PM	6:30 PM	All
Group 1				45 min	6:33 PM	7:08 PM	All
Group 2				45 min	7:10 PM	7:55 PM	All
Pool Closed							

## WEDNESDAY, July 30

Day 6 - July 30	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1				30 min	6:30 AM	7:00 AM	All
Group 2				30 min	7:00 AM	7:30 AM	All
Group 3				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
A Boys 3m				55 min	8:00 AM	8:55 AM	
B Girls 1m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
A Boys 3m Prelims	21/21	10	105	1h 45	9:00 AM	10:50 AM	
B Girls 1m Prelims	21/21	8	84	1h 25			
Event Warm UP				55 min	10:55 AM	11:50 AM	
B Boys 1m Prelims	21/21	9	95	1h 35	11:55 AM	1:55 PM	
A Girls Plat Prelims	24	8	115	1h 55			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 1				1h 15	2:00 PM	3:15 PM	All
Group 2				1h 15	3:18 PM	4:33 PM	All
Group 3				1h 15	4:35 PM	5:50 PM	All
Event Warm UP				55 min	5:55 PM	6:40 PM	
A/B Synchro Girls Pl				1h	6:45 PM	7:45 PM	
A/B Synchro Boys 3m							
Pool Closed							

## THURSDAY, JULY 31

Day 7- July 31	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
B Boys Plat				55 min	8:00 AM	8:55 AM	
B Girls 3m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
B Girls 3m Prelims	21/21	8	84	1h 25	9:00 AM	10:30 AM	
B Boys Plat Prelims	18	8	86	1h 25			
Event Warm Up				55 min	10:35 AM	11:40 PM	
A Girls 3m Prelims	21/21	9	94.5	1h 35	11:45 AM	1:58 PM	
A Boys Plat Prelims	24	9	130	2h 10m			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 2				1h 15	2:00 PM	3:15 PM	All
Group 3				1h 15	3:18 PM	4:33 PM	All
Group 1				1h 15	4:35 PM	5:52 PM	All
Event Warm Up				55 min	5:55 PM	6:40 PM	
A/B Synchro Boys Pl							
A/B Synchro Girls 3m				1h	6:45 PM	7:45 PM	
Pool Closed							

## FRIDAY, August 1

Day 8 - August 1	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 3				30 min	6:30 AM	7:00 AM	All
Group 1				30 min	7:00 AM	7:30 AM	All
Group 2				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
A Boys 1m Semi-Final				55 min	8:00 AM	8:55 AM	
B Girls Plat Semi-Final				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem					8:55 AM	8:58 AM	NONE
A Boys 1m Semi-Final	18/18	10	90	1h 30	9:00 AM	11:03 AM	
B Girls Plat Semi-Final	28	7	118	2h			
Event Warm Up				55 min	11:05 AM	12:00 PM	
B Boys 3m Semi-Final	15/15	9	68	1h 10	12:05PM	1:30 PM	
A Girls 1m Semi-Final	18/18	9	81	1h 20			
Open				1 hr 40	1:35 PM	3:15 PM	
Introductions/Event Warm UP				40 min	3:20 PM	4:00 PM	
A Boys 1m Final	12	5	30	30 min			
B Girls Plat Final	12	3	22	25 min	4:05 PM	4:40 PM	
Introductions/Event Warm Up/Awards				40 min	4:45 PM	5:25 PM	
B Boys 3m Final	12	4	24	25 min			
A Girls 1m Final	12	4	24	25 min	5:30 PM	6:00 PM	
Awards					6:05 PM	6:15 PM	
Open				1 hr 35	5:25 PM	7:00 PM	All
Pool Closed							

## SATURDAY, August 2

Day 9 - August 2	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1				30 min	6:30 AM	7:00 AM	All
Group 2				30 min	7:00 AM	7:30 AM	All
Group 3				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
B Girls 1m Semi-Final				55 min	8:00 AM	8:55 AM	
A Girls Plat Semi-Final				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
B Girls 1m Semi-Final	15/15	8	60	1h	9:00AM	11:45AM	
A Girls Plat Semi-Final	33	8	158	2hr 40			
Event Warm Up				55 min	11:50AM	12:45PM	
B Boys 1m Semi-Final	15/15	9	68	1h 10	12:50PM	2:25PM	
A Boys 3m Semi-Final	18/18	10	90	1h 30			
Open				1 hr	2:30 PM	3:30 PM	
Introductions/Event Warm Up/Awards				40 min	3:35 PM	4:15PM	
B Girls 1m Final	12	3	18	20 min	4:20 PM	4:55 PM	
A Girls Plat Final	12	4	32	30 min			
Introductions/Event Warm UP				40 min	5:00 PM	5:45 PM	
B Boys 1m Final	12	4	24	25 min	5:50 PM	6:20 PM	
A Boys 3m Final	12	5	30	30 min			
Awards					6:25 PM	6:35 PM	
Pool Closed							

## SUNDAY, August 3

Day 10 - August 3	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
A Girls 3m Semi-Final				55 min	8:00 AM	8:55 AM	
A Boys Plat Semi-Final				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
A Girls 3m Semi-Final	18/18	9	81	1h 20	9:00 AM	11:45 AM	
A Boys Plat Semi-Final	30	9	162	2hr 40			
Event Warm Up				55 min	11:50AM	12:45PM	
B Boys Plat Semi-Final	26	8	125	2 h 5	12:50 PM	2:55PM	
B Girls 3m Semi-Final	15/15	8	60	1h			
Open				1h	3:00 PM	4:00 PM	
Introductions/Event Warm Up/Awards				40 min	4:05 PM	4:45 PM	
A Girls 3m Final	12	4	24	25 min	4:50 PM	5:30 PM	
A Boys Plat Final	12	5	36	35 min			
Introductions/Event Warm UP				40 min	5:35PM	6:15 PM	
B Boys Plat Final	12	4	30	30 min	6:20 PM	6:55 PM	
B Girls 3m Final	12	3	18	20 min			
Awards					7:00 PM	7:10 PM	
Pool Closed							

## City of Mission Viejo

### **Mission Viejo City Hall**

200 Civic Center, Mission Viejo  
(949) 470-3000

### **Mission Viejo Police Services**

200 Civic Center, Mission Viejo  
(949) 770-6011

### **Mission Viejo Library**

100 Civic Center, Mission Viejo  
(949) 830-7100

### **Post Office**

28081 Marguerite Parkway, Mission Viejo  
(800) 275-8777

## Local Grocery Stores

### **Ralphs**

2105 Marguerite Parkway, Mission Viejo

### **Trader Joe's**

25410 Marguerite Parkway, Mission Viejo

### **Pavilion's**

Marguerite Parkway, Mission Viejo

### **Albertsons**

Alicia Parkway, Mission Viejo

**Smart and Final** 26911 Trabuco Road, Mission Viejo

## Lodging

### **Ayres Hotel & Spa Mission Viejo**

28951 Los Alisos Boulevard  
Mission Viejo, CA 92692

[Website](#)

### **Sonesta Select Laguna Hills**

23175 Avenida De La Carlota  
Laguna Hills, CA 92653

[Website](#)

### **Hampton Inn & Suites Mission Viejo**

28682 Marguerite Parkway  
Mission Viejo, CA 92692

[Website](#)

### **VOCO Laguna Hills**

25205 La Paz Road  
Laguna Hills, CA 92653

[Website](#)

### **Fairfield Inn by Marriott Mission Viejo**

26328 Oso Parkway  
Mission Viejo, CA 92691

[Website](#)

### **Residence Inn by Marriott (Irvine Spectrum)**

10 Morgan  
Irvine, CA 92618

[Website](#)



**Hampton Inn Foothill Ranch/Lake Forest**

27102 Towne Centre Drive

Foothill Ranch, CA 92610

[Website](#)

**Dining** (Restaurants located near the Aquatics Complex)**Terrace on the Green** (walkable from MAC)

**American fare on a beautiful golf course**

27601 Casta Del Sol, Mission Viejo

**Delizie Ristorante & Bar**

**Italian**

25380 Marguerite Parkway #D, Mission Viejo

**Piccolino**

**Pasta, Pizza**

28719 Los Alisos Blvd., Mission Viejo

**Raising Cane's**

**Chicken fingers**

26980 Crown Valley Parkway, Mission Viejo

**Hanna's**

**Prime Steak House**

22195 El Paseo #110, Rancho Santa Margarita

**California Pizza Kitchen at Mission Viejo**

**Pizza, pasta and salads**

25513 Marguerite Parkway, Mission Viejo

**Surfin Souvlaki**

**Mediterranean**

28171 Marguerite Parkway, Mission Viejo

**Albertaco's**

**Mexican**

28171 Marguerite Pkwy # 26, Mission Viejo

**Ball Park****Pieology**

**Pizza**

713 Spectrum Center Drive, Irvine (Spectrum)

**Tikka Wraps & Curry Bowls**

**Indian**

25380 Marguerite Parkway, Unit F, Mission Viejo

**Chick-Fil-A Foothill Ranch**

**Fast food chicken**

26792 Portola Pkwy, Foothill Ranch

**Panera Bread**

**Bakery/cafe (sandwiches, salads & more)**

25523 Marguerite Parkway, Mission Viejo

**Diho Siam**

**Thai and Chinese**

27001 La Paz Rd., Mission Viejo

**Chipotle**

**Burritos, tacos and bowls**

25523 Marguerite Parkway, Mission Viejo

**Panda Express**

**Fast food Chinese cuisine**

25276 Marguerite Parkway, Mission Viejo

**King's Fish House**

**Seafood**

24001 Avenida De La Carlota, Laguna Hills

**BJ's Restaurant and Brewhouse**

**Pizza**

28813 Los Alisos Blvd., Mission Viejo

**Stacks Pancake House**

**Specialty pancakes, plus burgers and lunch**

27680 Marguerite Parkway, Mission Viejo

**Bagels & Brew**

**Breakfast and sandwiches**

23052 Alicia Pkwy A, Mission Viejo

Pizza, Pasta, Burgers, Specialty Entrees

24001 Avenida De La Carlota, Laguna Hills

**The Cheesecake Factory**

Over 250 dishes + bakery/cheesecake

42 The Shops at Mission Viejo, Mission Viejo

**Islands**

Burgers, fries, salads, sandwiches, tacos

799 The Shops at Mission Viejo, Mission Viejo

## Entertainment

**Bowling****Saddleback Lanes**

25402 Marguerite Parkway

Mission Viejo

(949) 586-5300

**Lucky Strike**

27502 Antonio Parkway

Ladera Ranch, CA

(949) 257-0030

**Theaters****Edwards Kaleidoscope 10**

27741 Crown Valley Parkway

Mission Viejo

**Cinepolis Luxury Cinemas**

30632 Santa Margarita Parkway

Rancho Santa Margarita

**Shopping****The Shops at Mission Viejo**

555 The Shops at Mission Viejo

Mission Viejo

**Kaleidoscope Courtyard**

27741 Crown Valley Parkway

Mission Viejo

**Irvine Spectrum Center**

670 Spectrum Center Drive

Irvine

**Outlets at San Clemente**

101 W. Avenida Vista Hermosa

San Clemente

## Places of Worship

**Mariners Church**

26862 Crown Valley Parkway  
Mission Viejo  
(949) 308-7910

**Mission Hills Church**

24196 Alicia Pkwy  
Mission Viejo  
(949) 586-4510

**Presbyterian Church of the Master**

26051 Marguerite Pkwy  
Mission Viejo  
(949) 582-2670

**Chabad Jewish Center Mission Viejo**

24041 Marguerite Parkway  
Mission Viejo  
(949) 770-1270

**Saddleback Church**

1 Saddleback Parkway  
Lake Forest  
(949) 609-8000

**Compass Bible Church**

150 Columbia  
Aliso Viejo  
(949) 540-0699

**St. Kilian Catholic Church**

26872 Estanciero Drive  
Mission Viejo  
(949) 586-4440

## Hospitals and Urgent Care

**St. Joseph's Mission Hospital****24 Hour Emergency Room**

27700 Medical Center Rd, Mission Viejo  
(949) 364-1400

**Saddleback Memorial Medical Center (hospital)****24 Hour Emergency Room**

24451 Health Center Drive, Laguna Hills  
(949) 837-4500

**Marque Urgent Care****7 AM – 8 PM, 7 days/week**

25482 Marguerite Pkwy #101, Mission Viejo  
(877) 693-6266

**Southland Family and Urgent Care****8 AM – 6 PM, 7 days/week**

27660 Santa Margarita Pkwy, Mission Viejo  
(949) 951-7111

**Clineva Urgent Care Center****8 AM – 8 PM, 7 days/week**

29100 Portola Pkwy B, Lake Forest  
(844) 254-6382

## Airports and Transportation

**John Wayne/Orange County Airport (SNA)**

18601 Airport Way, Santa Ana

**Long Beach Airport (LGB)**

4100 Donald Douglas Drive, Long Beach

**Los Angeles International Airport (LAX)**

1 World Way, Los Angeles

**Ontario Airport (ONT)**

2900 East Airport Drive, Ontario

**Airlines**

Delta 800-221-1212

Alaska 800-426-033

Jet Blue 800-538-2583

United 800-241-6522

American Airlines 800-433-7300

Frontier 800-432-1359

Southwest 800-435-9792

**Rental Car Companies**

Hertz 800-654-3131

Enterprise 800-261-7331

National 877-222-9058

Budget 800-218-7992

Avis 800-633-3469

Alamo 888-826-6893

Thrifty 877-283-0898

**Other Transportation**

Mission Viejo Taxi Service (yellow cab) - <https://californiayellowcab.com/cities/mission-viejo-taxi>

Super Shuttle - <https://booking.supershuttle.com>

Lyft - <https://www.lyft.com/>

Uber - <https://www.uber.com/>

## Explore

**Laguna Beach** – Artist colony meets seaside village. Known for its art, eclectic shops and hip restaurants. Must see summer to-dos are Pageant of the Masters and The Sawdust Festival.

**Dana Point & Dana Point Harbor** – Dana Point Harbor is known as the “Whale Capital of the West.” The harbor offers specialty shopping, fishing and whale watching excursions, kayaking, transportation to Catalina Island, and a variety of restaurants from coffee shops to fine waterfront dining.

And don’t miss downtown Dana Point which has recently been revitalized. The vibrant, walkable downtown has many good restaurants, art galleries and shops.

**San Clemente** – The “Spanish Village by the Sea” offers many excellent shops and restaurants (along Del Mar Street and Pacific Coast Highway). Walk out the San Clemente Pier for great views of the shoreline and surfers enjoying the waves.

