



*Mission Viejo, California*

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# Coaches' Information Guide

Welcome to Mission Viejo and the 2023 USA Diving TYR Junior Nationals Championships. This is the first 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 our sponsors and major donors:



*Michael Ha*

*The Lemkin Family*

*The Lynch Family*

*The Maclean Family*

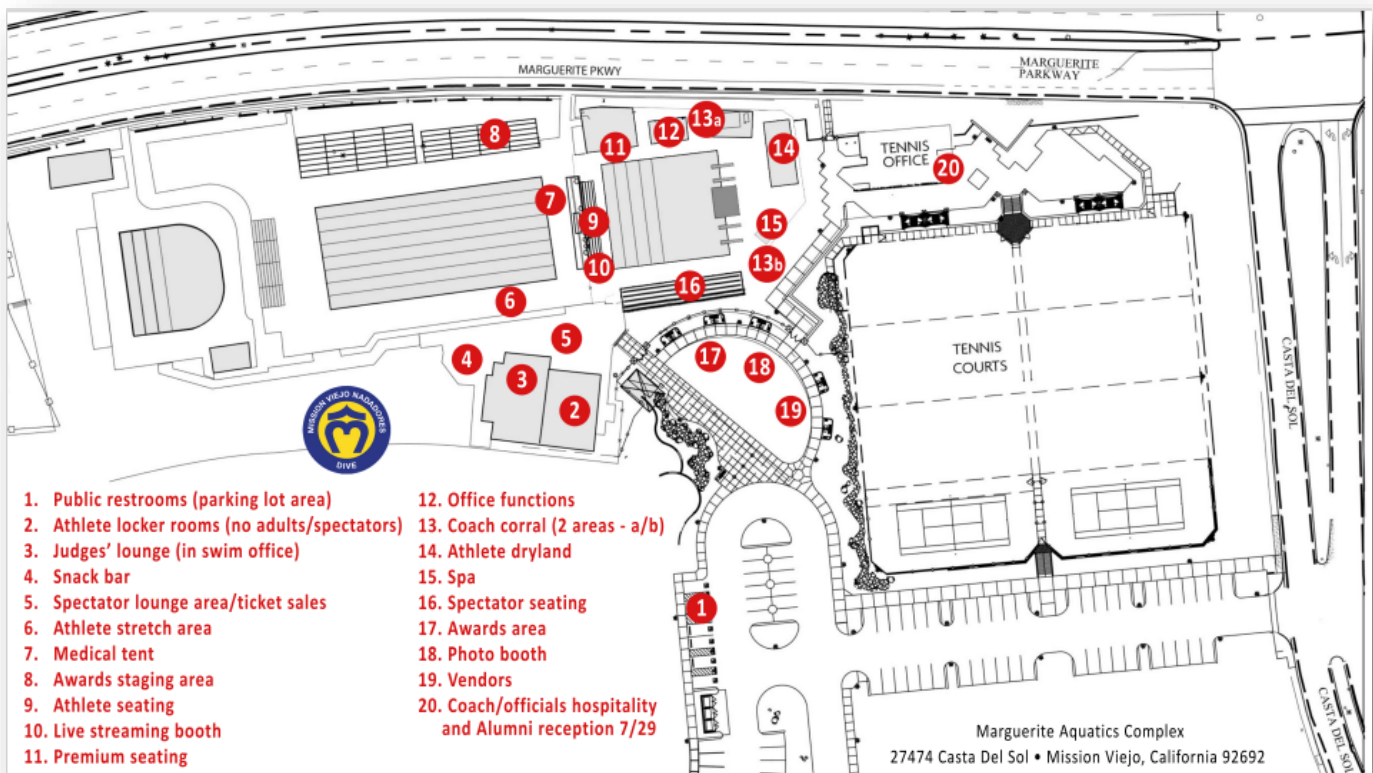
## Contact Information

USA Diving Event Director	Olivia Rosendahl	323.620.8067
MVN Event Director	Lauren Thiel-Lopez	480.298.0576
MVN Executive Director	Michele Mitchell	520.661.4937
Competition Manager	Teri Chamoures	949.290.8669

- Volunteers
- Hospitality
- Awards Ceremony

Technical Manager	Dan Badstubner	949.322.0182
<ul style="list-style-type: none"> <li>• Dive Sheets</li> <li>• Scoring system</li> </ul>		

## Venue Operations for event



## The Venue

The Marguerite Aquatic Complex is located at 27474 Casta Del Sol, Mission Viejo, CA 92692.

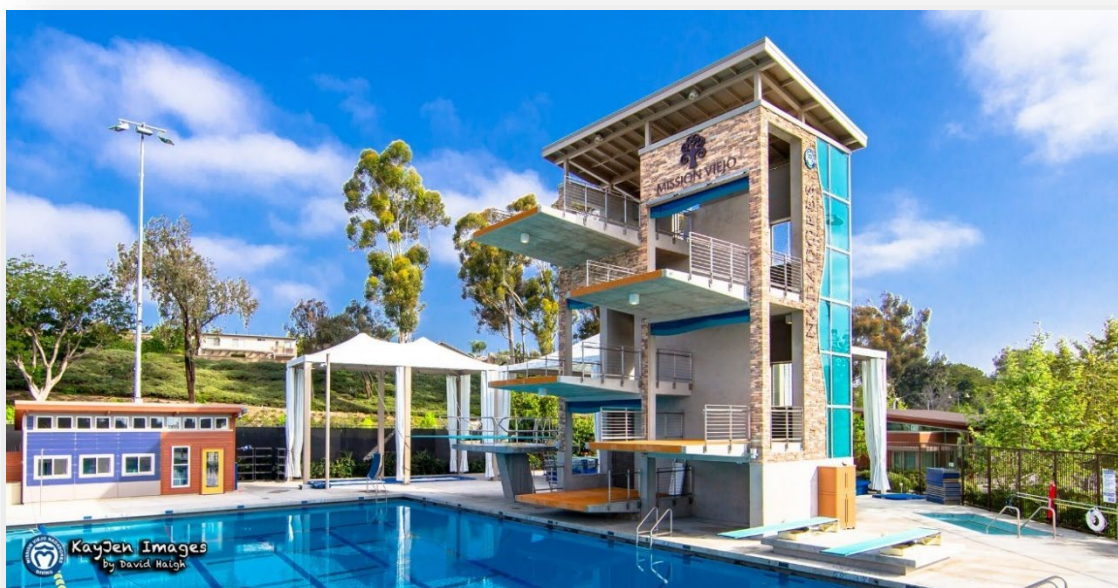
The facility has four 1-meters, two 3-meters, 1,3,5,7.5, 10-meter platforms, sparger system, video replay, 3 dryland boards into a pit, 2 in-ground trampolines, and a bounce floor.

### Platforms

- Platform training must have someone calling the height, for use.

### 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 the warmup or competition days.



## Key Dates

- Coaches' Technical Meeting - Saturday, July 22 1:00-1:30 – Marguerite Tennis Pavilion
- Opening Ceremony – Saturday, July 22 - 6:15 pm at the MAC
- Picnic and Social – Saturday, July 22 – immediately following Opening Ceremony (TK Burger truck on site)
- Coaches' Social – Sunday, July 23 6:00-8:30 pm (cash bar and food) – Oso Creek Golf Course
- Training Days/Times
  - Saturday, July 22 – all day (by flights)
  - Thursday, July 27 – morning (by flights)
- Post competition daily training
  - See detailed schedule for exact times.

## 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.
  - Per NCAA rules and regulations, all college coaches must have a registered diver participating to be on deck during any practice/competition time
- 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 a 2023 Zone Championship event. 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 Taylor Payne ([taylor.payne@usadiving.org](mailto:taylor.payne@usadiving.org)).
  - To receive a credential, athletes checking in must be on the verified list at the "Credential and Registration" table at the facility.

## 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.

## 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.

## 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

## Spectators Tickets

- All tickets, including the Alumni Package may be purchased at [mvndiving.com/store](http://mvndiving.com/store)
- The bleachers will be cleared each morning at 8:00 am to allow ticketed spectators to enter.
- The shaded bleachers are reserved for the elderly, physically challenged and families with small children and babies.

### 2023 USA DIVING TYR 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 23-26)	\$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 27-August 1)	\$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 23-August 1)	\$130.00 - ALL Sessions	\$90.00 - All Sessions: Senior (65+)/Military/Child under 12 (under 5 free)
<b>Premium Seating on the pool deck</b>	\$150.00 per day - Limited to 25 people/day (DAILY ONLY) Includes shade/chair seating/free light refreshments/drinks	
<b>Alumni Package for July 29</b> <b>2:00-5:00pm</b>	<u>Alumni ticket package for two (2) people</u> Pre-purchase: \$90.00 Day of event: \$100.00	<u>Alumni ticket package for one (1) person</u> Pre-purchase: \$45.00 Day of event: \$50.00
	2 all-day tickets on July 29 <ul style="list-style-type: none"> <li>• Events: 14-15 G3m, 14-15BPF, 16-18 G3m, 16-18 BPF, BPFsync, G3mSync</li> <li>• 2 tickets to reception at tennis pavilion</li> <li>• 2 beverage tickets (Sangria/Beer/Wine + non-alcohol)</li> <li>• Light food</li> <li>• Reserved seating in the bleachers</li> </ul>	1 all-day ticket on July 29 <ul style="list-style-type: none"> <li>• Events: 14-15 G3m, 14-15BPF, 16-18 G3m, 16-18 BPF, BPFsync, G3mSync</li> <li>• 1 ticket to reception at tennis pavilion</li> <li>• 1 beverage ticket (Sangria/Beer/Wine + non-alcohol)</li> <li>• Light food</li> <li>• Reserved seating in the bleachers</li> </ul>
<b>Alumni Reception only</b>	\$35 - includes light food and 1 beverage ticket (Sangria/Beer/Wine non-alcohol)	Additional beverage tickets: \$5.00 each

## Premium Seating

- Daily premium seating is available – limited shaded, on deck chair seating complete with refreshments, for each day’s session. Must be purchased by the day and good only for the day of purchase. Must be purchased on-site. Non-transferable.

## Parking

- Parking is free at the Marguerite Aquatic 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

- Athlete only locker rooms are available just off the pool deck.
- Spectator and coach restrooms will be located outside in the circle and at Swim School.
- Coach restrooms are also located 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.

## Snack Bar and other food services, on site

- Smooth Operators – 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.
- Other food vendors will also be available for service (see on site vendors).

## Bleacher Seat Rentals

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

## Equipment to bring

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

## Coaches' Technical Meeting

**Saturday, July 22 - 1:00-1:30** – Marguerite Tennis Pavilion (right next door in hospitality area)

## Social Media COMPETITION for athletes

We are looking for the coolest social media post! There will be one prize for the best TikTok video and another prize for the best Instagram post (can be picture or reel). Make content alone or with your diving friends, use the hashtag **#MissionJrNationals** and post it on TikTok or Instagram. The posts with the most likes as of August 1 at 7:00 pm will **win a pair of TYR sunglasses**.

Remember to use the hashtag **#MissionJrNationals** so we can find your posts.



## Share your photos with USA Diving

We'd love to see your photos! Share your snaps or video from this event and USA Diving may post them on their website or social media.

## WiFi

The facility has strong public WiFi

## Live Stream

Livestream of the competition will broadcast at [rth.tv](http://rth.tv).

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

## Coaches Social

When: **Sunday, July 23**  
Where: Oso Creek Golf Course – 5-minute walk from pool or park there  
What: Cash bar and food  
Time: 6:00-8:30 pm (closes at 9:00 pm)

## 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 23 – July 26

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

### July 27

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

### July 28

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 5:30 pm
- Dinner – 5:30 – 6:30 pm (**by reservation only - Sign up by July 26 at 5:00 pm in coaches' hospitality**)



Scan QR Code to Upload Pictures

OR

Submit pictures to [audreys@usadiving.org](mailto:audreys@usadiving.org)



Terrace on the Green  
and  
Garden + Grille

Open for Breakfast, Lunch, Sunset and Dinner

Just a short walk across the street

#### Terrace on the Green

Full service restaurant

Breakfast 8-11 am  
Lunch 11 am - 3 pm  
Sunset 3-8 pm, Mon-Wed  
Dinner 4:30-9 pm, Thu-Sat

#### Garden + Grille

Outdoor eatery  
featuring gourmet links

Open every day  
10 am - 5 pm

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



Garden + Grille



## July 29

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 1:30 pm (hospitality closed during Alumni function)
- Alumni Reunion only 2:00 – 5:00 pm (tickets required)
- Dinner – 5:30 – 6:30 pm (**by reservation only - Sign up by July 26 at 5:00 pm in coaches' hospitality**)

## July 30 – August 1

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

## Opening Ceremony

When: **Saturday, July 22 beginning at 6:45 pm**

Athlete Arrival: **6:15 pm** – line up in the swimming grandstands and receive team placard.

Ceremony: March in and presentation of teams  
National Anthem, Speeches, Entertainment, March Out

Seating: The event is free to spectators, but grandstand seating will be limited.

Social: 7:15 – 8:15 pm

Immediately following opening ceremonies is an athlete/parent social in the grass area in front of the pool. Yard games, photo booths, and food trucks!

Meals: Food truck on site from 5:00 – 7:30 pm

## Awards Ceremony Protocols

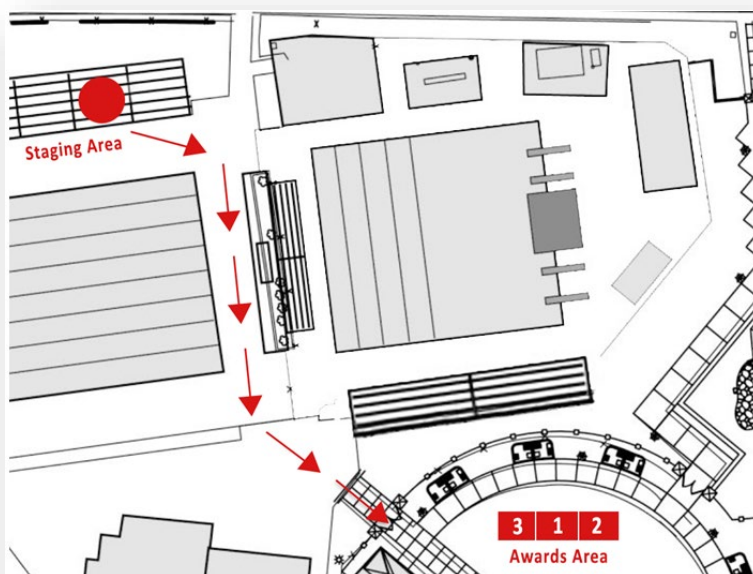
Awards will be presented immediately following each event.

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.

There is a booth area for photos just off the awards area in the grass.



## On Site Vendors

Smooth Operators – prepared to order breakfast, lunch and snacks

Alohana Acai Bowls	Handel’s Ice Cream	Tri-Swim
SloMo Video	Fine Designs	Dippin
Dots Cotton Candy	Snow Cones	

Feriagrafix photography OC Supervisors, Don Wagner’s office

John Wayne Foundation (July 31) (sunscreen protection education)

## 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.

## Directions to Marguerite Aquatic 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) to turn east onto La Paz Road. Travel approximately 1.1 miles on La Paz Road, 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.

Join  
us!

# GET TOGETHER WITH DIVING ALUMNI DURING THE JR. NATIONALS

**SATURDAY, JULY 29, 2023**  
2:00-5:00 PM

See link in "Tickets & More"  
tab at [mvndiving.com](https://mvndiving.com)

**MARGUERITE TENNIS PAVILION**  
(next door to Marguerite Aquatics Complex)

Contact Alumni Coordinator  
Teri Chamoures  
for more information  
[alumni@mvnadadores.org](mailto:alumni@mvnadadores.org)







# Schedule for Training

Group 1- Zone A & Zone F

Group 2- Zone B & Zone E

Group 3- Zone C & Zone D

Day 0 - July 22	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1 C/D Only				1h 15	8:00AM	9:15AM	All
Group 2 C/D Only				1h 15	9:15AM	10:30AM	All
Group 3 C/D Only				1h 15	10:30AM	11:45AM	All
A & B Only				1h 15	11:45AM	1:00PM	All
<b>Coaches Meeting</b>					<b>1:00PM</b>	<b>1:30PM</b>	
Group 1 C/D Only				1h 15	1:30PM	2:45PM	All
Group 2 C/D Only				1h 15	2:45PM	4:00PM	All
Group 3 C/D Only				1h 15	4:00PM	5:15PM	All
A & B Only				1h 15	5:15PM	6:30PM	All
<b>Pool Closed</b>							

-  = auxillary boards (open at all times an event is not being contested)
-  = concrete boards
-  = platform
-  = training

# Schedule of Competition Events

## SUNDAY, JULY 23

Day 1 - July 23	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
<b>Event Warm Up</b>							
D Girls 3m				55 min	8:00 AM	8:55 AM	
D Boys Plat				55 min	8:00 AM	8:55 AM	
C Boys 1m				55 min	8:00 AM	8:55 AM	
<b>National Anthem</b>				5 min	8:55AM	9:00AM	NONE
D Girls 3m Prelims	21/21	6	63	1h 5			
D Boys Plat Prelims	21	5	63	1h 5	9:00 AM	10:30 AM	
C Boys 1m Prelims	21/21	8	84	1h 25			
<b>Group Training</b>							
Group 2				1h 15	10:30 AM	11:45 AM	All
Group 3				1h 15	11:45 AM	1:00 PM	All
Group 1				1h 15	1:00 PM	2:15 PM	All
<b>Event Warm Up</b>				40 min	2:15 PM	2:55 PM	
D Girls 3m Semi-Final	24	6	72	1h 15			
D Boys Plat Semi-Final	24	5	72	1h 15	3:00 PM	4:35 PM	
C Boys 1m Semi-Final	24	8	96	1h 36			
<b>Introductions/Event Warm Up</b>				25 min	4:35 PM	5:00 PM	NONE
D Girls 3m Final	12	3	18	20 min			
D Boys Plat Final	12	2	14	20 min	5:05 PM	5:30 PM	
C Boys 1m Final	12	3	18	20 min			
<b>Awards</b>					<b>Awards</b>	<b>Awards</b>	
Open				1h 30	5:30 PM	7:00 PM	All
<b>Pool Closed</b>							

## MONDAY, JULY 24

Day 2 - July 24	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	9:00AM	NONE
D Boys 3m Prelims	21/21	6	63	1h 6			
D Girls Plat Prelims	24	5	72	1h 5	9:00 AM	10:30 AM	
C Girls 1m Prelims	21/21	8	84	1h 25			
<b>Group Training</b>							
Group 3				1h 15	10:30 AM	11:45 AM	All
Group 1				1h 15	11:45 AM	1:00 PM	All
Group 2				1h 15	1:00 PM	2:15 PM	All
<b>Event Warm Up</b>				40 min	2:15 PM	2:55 PM	
D Boys 3m Semi-Final	24	6	72	1h 15			
D Girls Plat Semi-Final	24	5	72	1h 15	3:00 PM	4:35 PM	
C Girls 1m Semi-Final	24	8	96	1h 36			
<b>Introductions/Event Warm Up</b>				25 min	4:35 PM	5:00 PM	NONE
D Boys 3m Final	12	3	18	20 min			
D Girls Plat Final	12	2	14	20 min	5:05 PM	5:30 PM	
C Girls 1m Final	12	3	18	20 min			
<b>Awards</b>					<b>Awards</b>	<b>Awards</b>	
Open				1h 30	5:30 PM	7:00 PM	All
<b>Pool Closed</b>							

## TUESDAY, JULY 25

Day 3 - July 25	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
<b>Event Warm Up</b>							
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	
<b>National Anthem</b>				5 min	8:55AM	9:00AM	NONE
C Girls Plat Prelims	24	6	86	1h 45			
C Boys 3M Prelims	21/21	8	84	1h 25	9:00 AM	10:45 AM	
D Boys 1m Prelims	21/21	6	63	1h 5			
<b>Group Training</b>							
Group 1				1h 15	10:45 AM	12:00 PM	All
Group 2				1h 15	12:00 PM	1:15 PM	All
Group 3				1h 15	1:15 PM	2:30 PM	All
<b>Event Warm Up</b>				40 min	2:30 PM	3:10 PM	
C Girls Plat Semi-Final	24	6	86	1h 30			
C Boys 3M Semi-Final	24	8	96	1h 35	3:15 PM	4:50 PM	
D Boys 1m Semi-Final	24	6	72	1h 12			
<b>Introductions/Event Warm Up</b>				25 min	4:50 AM	5:15 PM	NONE
C Girls Plat Final	12	2	14	20 min			
C Boys 3m Final	12	3	18	20 min	5:15 PM	5:35 PM	
D Boys 1m Final	12	3	18	20 min			
<b>Awards</b>					<b>Awards</b>	<b>Awards</b>	
Open				1h 30	5:35 PM	7:05 PM	All
<b>Pool Closed</b>							

## WEDNESDAY, JULY 26

Day 4 - July 26	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
<b>Event Warm Up</b>							
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	
<b>National Anthem</b>				5 min	8:55 AM	9:00 AM	NONE
C Boys Plat Prelims	21	7	88	1h 5			
C Girls 3M Prelims	21/21	8	84	1h 25	9:00 AM	10:30 AM	
D Girls 1m Prelims	21/21	6	63	1h 25			
<b>Group Training</b>							
Group 2				1h 15	10:30 AM	11:45 AM	All
Group 3				1h 15	11:45 AM	1:00 PM	All
Group 1				1h 15	1:00 PM	2:15 PM	All
<b>Event Warm Up</b>				40 min	2:15 PM	2:55 PM	
C Boys Plat Semi-Final	24	7	101	1h 45			
C Girls 3m Semi-Final	24	8	96	50 min	3:00 PM	4:45 PM	
D Girls 1m Semi-Final	24	6	72	1h 12			
<b>Introductions/Event Warm Up</b>				25 min	4:45 PM	5:10 PM	NONE
C Boys Plat Final	12	3	22	20 min			
C Girls 3m Final	12	3	18	20 min	5:10 PM	5:30 PM	
D Girls 1m Final	12	3	18	20 min			
<b>Awards</b>					<b>Awards</b>	<b>Awards</b>	
Open				1h 30	5:30 PM	7:00 PM	All
<b>Pool Closed</b>							

## THURSDAY, JULY 27

Day 5 - July 27	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Open	*days evnts 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	1:00 PM	NONE
A Girls 1m Prelims	22/22	10	110	1h 50	1:00 PM	2:50 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 51	3:50 PM	5:50 PM	
A Boys 1m Prelims	21/21	11	116	1h 56			
Training							
Open				1h 40	5:50 PM	7:30 PM	All
Pool Closed							

## FRIDAY, JULY 28

Day 6 - July 28	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	9:00 AM	NONE
A Boys 3m Prelims	21/21	11	116	1h 56	9:00 AM	11:00AM	
B Girls 1m Prelims	21/21	9	95	1h 35			
Event Warm Up				55 min	11:00AM	11:55AM	
B Boys 1m Prelims	21/21	9	95	1h 35	12:00PM	2:10PM	
A Girls Plat Prelims	24	9	130	2h 10			
Group Training							
Group 1				1h 15	2:10 PM	3:25 PM	All
Group 2				1h 15	3:25 PM	4:40 PM	All
Group 3				1h 15	4:40 PM	5:55 PM	All
Event Warm Up				55 min	5:55 PM	6:50 PM	
A/B Synchro GPI				1h	6:50 PM	7:50 PM	
A/B Synchro B3m							
Pool Closed							

## SATURDAY, JULY 29

Day 7 - July 29	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	9:00 AM	NONE
B Girls 3m Prelims	21/21	9	95	1h 35	9:00 AM	10:35 AM	
B Boys Plat Prelims	18	8	86	1h 25			
Event Warm Up				55 min	10:35 AM	11:30 PM	
A Girls 3m Prelims	21/21	10	105	1h 45	11:35 AM	2:10 PM	
A Boys Plat Prelims	24	10	144	2h 32			
Group Training							
Group 2				1h 15	2:10 PM	3:25 PM	All
Group 3				1h 15	3:25 PM	4:40 PM	All
Group 1				1h 15	4:40 PM	5:55 PM	All
Event Warm Up				55 min	5:55 PM	6:50 PM	
A/B Synchro BPI							
A/B Synchro G3m				1h	6:50 PM	7:50 PM	
Pool Closed							

## SUNDAY, JULY 30

Day 8 - July 30	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							
B Boys 3m				55 min	8:00 AM	8:55 AM	
A Girls 1m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem					8:55 AM	9:00 AM	NONE
B Boys 3m Semi-Final	15/15	9	68	1h 10	9:00AM	10:30 AM	
A Girls 1m Semi-Final	18/18	10	90	1h 30			
Event Warm Up				55 min	10:30 AM	11:25 PM	
A Boys 1m Semi-Final	18/18	11	99	1h 40	11:30 AM	1:35 PM	
B Girls Plat Semi-Final	28	7	118	2h			
Introductions/Event Warm Up				40 min	1:35 AM	2:15 PM	
B Boys 3m Final	12	4	24	25 min	2:20 PM	2:50 PM	
A Girls 1m Final	12	5	30	30 min			
Introductions/Event Warm Up/Awards				40 min	2:50 PM	3:30 PM	
A Boys 1m Final	12	6	36	40 min	3:35 PM	4:15 PM	
B Girls Plat Final	12	3	22	25 min			
Awards					Awards	Awards	
Open				2 h	4:15 PM	6:15 PM	All
Pool Closed							

## MONDAY, JULY 31

Day 9 - July 31	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 Boys 1m				55 min	8:00 AM	8:55 AM	
A Boys 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	9:00 AM	NONE
B Boys 1m Semi-Final	15/15	9	68	1h 10	9:00AM	10:40AM	
A Boys 3m Semi-Final	18/18	11	99	1h 40			
Event Warm Up				55 min	10:40AM	11:35AM	
B Girls 1m Semi-Final	15/15	9	68	1h 10	11:40AM	2:40 PM	
A Girls Plat Semi-Final	33	9	178	3h			
Introductions/Event Warm Up				40 min	2:40 PM	3:20 PM	
B Boys 1m Final	12	4	24	25 min	3:25 PM	4:05 PM	
A Boys 3m Final	12	6	36	40 min			
Introductions/Event Warm Up/Awards				40 min	4:05 PM	4:45 PM	
B Girls 1m Final	12	4	24	25 min	4:45 PM	5:25 PM	
A Girls Plat Final	12	5	40	40 min			
Awards					Awards	Awards	
Open				2h	5:25 PM	7:25 PM	All
Pool Closed							

## TUESDAY, AUGUST 1

Day 10 - August 1	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
<b>Event Warm Up</b>							
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	9:00 AM	NONE
B Boys Plat Semi-Final	26	8	125	2 h 5	9:00 AM	11:05 AM	
B Girls 3m Semi-Final	15/15	9	68	1h 10			
<b>Event Warm Up</b>				55 min	11:05 AM	12:00 PM	
A Girls 3m Semi-Final	18/18	10	90	1h 25	12:05 PM	3:05 PM	
A Boys Plat Semi-Final	30	10	180	3h			
<b>Introductions/Event Warm UP</b>				40 min	3:05PM	3:45 PM	
B Boys Plat Final	12	4	30	30 min	3:50 PM	4:20 PM	
B Girls 3m Final	12	4	24	25 min			
<b>Introductions/Event Warm Up/Awards</b>				40 min	4:20 PM	5:00 PM	
A Girls 3m Final	12	5	30	30 min	5:05 PM	5:50 PM	
A Boys Plat Final	12	6	43	45 min			
Awards					Awards	Awards	
<b>Pool Closed</b>							

## City of Mission Viejo

### General Information

#### 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  
(949) 830-3066

### Pavilion's

Marguerite Parkway, Mission Viejo  
(949) 582-0672

### Smart and Final

26911 Trabuco Road, Mission Viejo  
(949) 581-1212

### Trader Joe's

25410 Marguerite Parkway, Mission Viejo  
(949) 581-5638

### Albertsons

Alicia Parkway, Mission Viejo  
(949) 583-7337

#### Residence Inn, by Marriott

##### Irvine

10 Morgan  
Irvine, CA 92618  
(949) 380-3000

## Lodging

### Ayres Hotel and Spa Mission Viejo

28951 Los Alisos Boulevard  
Mission Viejo, CA 92692 (949)  
305-7200

### Hampton Inn and Suites Mission Viejo

28682 Marguerite Parkway  
Mission Viejo, CA 92692  
(949) 429-5222

### Fairfield Inn by Marriott Mission Viejo

26328 Oso Parkway  
Mission Viejo, CA 92691  
(949) 582-7100

### Hampton Inn – Lake Forest

27102 Towne Centre Drive  
Foothill Ranch, CA 92610  
(949) 597-8700

### Courtyard Laguna Hills

23175 Avenida De La  
Carlota  
Laguna Hills, CA 92653  
(949) 859-5500

### The Hills Hotel, An Ascend

#### Collection Member

25205 La Paz Road  
Laguna Hills, CA 92653



## Dining

Restaurants located near the Aquatics Complex

### **Terrace on the Green**

**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

### **Hot of the Grill**

**Breakfast, Burgers, Sandwiches, Tacos**

25252 La Paz Road, Laguna Hills

### **Surfin Souvlaki**

**Mediterranean**

28171 Marguerite Parkway, Mission Viejo

### **High Park Tap House**

**American fare and bar**

23641 Via Linda, Mission Viejo

### **Albertaco's**

**Mexican**

28171 Marguerite Pkwy # 26

### **Ball Park**

**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, CA 92692

### **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 serving sandwiches, salads & more**

25523 Marguerite Parkway, Mission Viejo

### **Eat Thai Cuisine**

**Thai food**

25482 Marguerite Parkway, #102, Mission Viejo

### **The Empanada Maker**

**Latin American**

26131 La Paz Rd., #83, Mission Viejo

### **Chipotle**

**Burritos, tacos and bowls**

25523 Marguerite Parkway, Mission Viejo

### **Skimmer's Panini Grill**

**Sandwiches and salads**

25290 Marguerite Parkway, Unit E, Mission Viejo

### **Panda Express**

**Fast food Chinese cuisine**

25276 Marguerite Parkway, Mission Viejo

## Entertainment

### **Bowling**

#### **Saddleback Lanes**

25402 Marguerite Parkway  
Mission Viejo  
(949) 586-5300

### **Theaters**

#### **Edwards Kaleidoscope 10**

27741 Crown Valley Parkway  
Mission Viejo

#### **Cinopolis 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

#### **Saddleback Church**

1 Saddleback Parkway  
Lake Forest  
(949) 609-8000

#### **Mission Hills Church**

24196 Alicia Pkwy  
Mission Viejo  
(949) 586-4510

#### **Compass Bible Church**

150 Columbia  
Aliso Viejo  
(949) 540-0699

#### **Presbyterian Church of the Master**

26051 Marguerite Pkwy  
Mission Viejo  
(949) 582-2670

#### **St. Kilian Catholic Church**

26872 Estanciero Drive,  
Mission Viejo  
(949) 586-4440

#### **Chabad Jewish Center Mission Viejo**

24041 Marguerite Parkway,  
Mission Viejo  
(949) 770-1270

## 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 Yellow Cab - 949-800-5699

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 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.

**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.