

2023 USA DIVING WINTER NATIONAL CHAMPIONSHPS TIMELINE

Date	Entries	# Dives	Seconds Per Dive	Minutes	Min Between Rounds	Buffer	Total Est. Time	Start Time	End Time	Event	Notes
Monday, November 27								7:00 AM	5:00 PM	Open Training	
Tuesday, November 28								7:00 AM	4:30 PM	Open Training	
								12:00 PM	12:30 PM	Coach Meeting (POOL CLOSED)	Lunch provided.
								4:30 PM	4:55 PM	Event Warm Up	
	37	185	30	93 min			1 hr 40 min	5:00 PM	6:40 PM	Women's 3m Qualifier	Simultaneous
	33	198		99 min	Men's 1m Qualifier						
POOL CLOSED AT CONCLUSION OF EVENTS											
Wednesday, November 29								7:00 AM	9:30 AM	Open Training	
								9:30 AM	9:55 AM	Event Warm Up	
	4	20	45	30 min			30 min	10:00 AM	10:30 AM	Mixed 3m Synchro Final	Combined
	4	20			Mixed 10m Synchro Final						
								10:35 AM	10:45 AM	Mixed Synchro Awards	
								10:45 AM	4:30 PM	Open Training	
								4:30 PM	4:55 PM	Event Warm Up	
	13	65	40	44 min			2 hr 20 min	5:00 PM	7:20 PM	Women's 10m Qualifier	Simultaneous
47	282	30	141 min	Men's 3m Qualifier							
POOL CLOSED AT CONCLUSION OF EVENTS											
Thursday, November 30								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	
	3	15	35	41 min		4 min	45 min	10:00 AM	10:45 AM	Women's 10m Synchro Prelim	Combined
	9	54			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	
	3	15	45	52 min		3 min	55 min	3:00PM	3:55 PM	Women's 10m Synchro Final	Combined
	9	54			Men's 3m Synchro Final						
								4:00 PM	4:10 PM	Awards	
								4:10 PM	4:30 PM	Open Training	
							4:30 PM	4:55 PM	Event Warm Up		
36	180	30	90 min			1 hr 30 min	5:00 PM	6:30 PM	Women's 1m Qualifier	Simultaneous	
12	72	40	48 min	Men's 10m Qualifier							
POOL CLOSED AT CONCLUSION OF EVENTS											
Friday, December 1								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	
	9	45	35	41 min			45 min	10:00 AM	10:45 AM	Women's 3m Synchro Prelim	Combined
	4	24			Men's 10m 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	
	9	45	45	52 min			55 min	3:00PM	3:55 PM	Women's 3m Synchro Final	Combined
	4	24			Men's 10m Synchro Final						
								4:00 PM	4:10 PM	Awards	
							4:10 PM	6:00 PM	Open Training		

POOL CLOSED AT 6:00 PM

Saturday, December 2								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
	41	205	30	103 min		2 min	1 hr 45 min	10:00 AM	11:45 AM	Women's 1m Prelim	
								11:45AM	12:40PM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
	36	216	30	108 min		2 min	1 hr 50 min	12:45 PM	2:35 PM	Men's 1m Prelim	
								2:35 PM	4:25 PM	Open Training	
								4:25 PM	4:50 PM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
								4:55 PM	4:58 PM	Women's 1m Final Introduction	
	8	40	40	27 min	1 min	3 min	35 min	5:00 PM	5:35 PM	Women's 1m Final	
							5:35 PM	6:00 PM	Event Warm Up	1m Closed to Competitors, 3m/PL Open	
							6:05 PM	6:08 PM	Men's 1m Final Introduction		
8	48	40	32 min	1 min		35 min	6:10 PM	6:45 PM	Men's 1m Final		
							6:50 PM	7:00 PM	Awards		

POOL CLOSED AT 7:00 PM

Sunday, December 3								7:00 AM	9:00 AM	Open Training		
								9:00 AM	9:55 AM	Event Warm Up	3m/PL Closed to Competitors, 1m Open	
	40	240	30	120 min		5 min	2 hr 5 min	10:00 AM	12:05 PM	Men's 3m Prelim	Simultaneous	
	27	135	40	90 min						Women's 10m Prelim		
									12:05 PM	3:30 PM	Open Training	
									3:30 PM	3:55 PM	Event Warm Up	3m Closed to Competitors, 1m/PL Open
	22	132	35	77 min		3 min	1 hr 20 min	4:00 PM	5:20 PM	Men's 3m Semifinal		
							5:20 PM	5:45 PM	Event Warm Up	PL Closed to Competitors, 1m/3m Open		
20	100	40	67 min		3 min	1 hr 10 min	5:50 PM	7:00 PM	Women's 10m Semifinal			

POOL CLOSED AT 7:00 PM

Monday, December 4								7:00 AM	9:00 AM	Open Training		
								9:00 AM	9:55 AM	Event Warm Up	3m/PL Closed to Competitors, 1m Open	
	41	205	30	103 min		2 min	1 hr 45 min	10:00 AM	11:45 PM	Women's 3m Prelim	Simultaneous	
	23	138	40	92 min						Men's 10m Prelim		
									11:45 PM	3:30 PM	Open Training	
									3:30 PM	3:55 PM	Event Warm Up	3m Closed to Competitors, 1m/PL Open
22	110	35	64 min		1 min	1 hr 5 min	4:00 PM	5:05 PM	Women's 3m Semifinal			
							5:05 PM	5:30 PM	Event Warm Up	PL Closed to Competitors, 1m/3m Open		
20	120	40	80 min			1 hr 20 min	5:35 PM	6:55 PM	Men's 10m Semifinal			

POOL CLOSED AT 7:00 PM

Tuesday, December 5								7:00 AM	9:15 AM	Open Training	
								9:15 AM	9:45 AM	Event Warm Up	
								9:50 AM	9:55 AM	Men's 3m Final Introduction	
	14	84	50	70 min		5 min	1 hr 15 min	10:00 AM	11:15 AM	Men's 3m Final	
								11:15 AM	11:20 AM	Women's 10m Final Introduction	
								11:20 AM	11:25 AM	Men's 3m Awards	
								11:25 AM	11:55 AM	Event Warm Up	
	14	70	50	58 min		2 min	1 hr	12:00 PM	1:00 PM	Women's 10m Final	
								1:05 PM	1:10 PM	Women's 10m Awards	
							1:10 PM	4:00 PM	Open Training		

POOL CLOSED AT 4:00 PM

Wednesday, December 6								7:00 AM	9:15 AM	Open Training	
								9:15 AM	9:45 AM	Event Warm Up	
								9:50 AM	9:55 AM	Women's 3m Final Introduction	
	14	70	50	58 min		2 min	1 hr	10:00 AM	11:00 AM	Women's 3m Final	
								11:00 AM	11:05 AM	Men's 10m Final Introduction	
								11:05 AM	11:10 AM	Women's 3m Awards	

							11:10 AM	11:40 AM	Event Warm Up	
12	72	50	60 min			1 hr	11:45 AM	12:45 PM	Men's 10m Final	
							12:50 PM	12:55 PM	Men's 10m Awards	
POOL CLOSED AT CONCLUSION OF EVENT										
All event times occur in the Eastern Time Zone.										
As of 26 November 2023										