

2026 American Cup

4/14/2026	Open Training	8:00 AM			12:00 PM	
	High Dive Only Training	12:00 PM			2:00 PM	
	Open Training	2:00 PM			7:00 PM	
	Event	# of Dives	Event Start		Event End	
4/15/2026	Open Training	8:00 AM			12:00 PM	
	Technical Meeting	12:00 PM			1:00 PM	
	High Dive Only Training	12:00 PM			2:00 PM	
	Open Training	2:00 PM			7:00 PM	
	Event	# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Start & End Time
4/16/2026	Open Training	7:00 AM			9:00 AM	
	Restricted Training Men's 3m	9:00 AM			9:55 AM	
	Men's 3m Prelim	6	27	55	148.5	10:00 AM 12:28 PM
	Restricted Training Women's 10 meter	12:30 PM			1:35 PM	
	Women's 10M Prelims	5	18	55	82.5	1:40 PM 3:02 PM
	Restricted Training Mens' 3m Repechage	3:05 PM			4:05 PM	
	Men's 3m repechage	6	12	55	66.0	4:10 PM 5:16 PM
	Restricted Training Women's 10m repechage	5:20 PM			6:20 PM	
	Women's 10m repechage	5	12	55	55.0	6:25 PM 7:20 PM

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	Event	# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Start & End Time	
4/17/2026	Open Training	7:00 AM			9:00 AM		
	Restricted Training Women's 3m	9:00 AM			9:55 AM		
	Women's 3m Prelim	5	18	55	82.5	10:00 AM	11:22 AM
	Restricted Training Men's 10 meter	11:30 AM			12:35 PM		
	Men's 10M Prelims	6	16	55	88.0	12:40 PM	2:08 PM
	Restricted Training Women's 3m Repechage	2:15 PM			3:05 PM		
	Women's 3m repechage	5	12	55	55.0	3:10 PM	4:05 PM
	Restricted Training Men's 10m repechage	4:10 PM			5:00 PM		
	Men's 10m repechage	6	12	55	66.0	5:05 PM	6:11 PM
	TEAM Event Warm UP	6:15 PM			6:45 PM		
	TEAM EVENT INTRO	6:50 PM			6:55 PM		
	TEAM EVENT	6	6	45	27.0	7:00 PM	7:27 PM
	Medal Ceremony	7:45 PM			7:50 PM		

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	Event	# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Start & End Time	
4/18/2026	Open Training	8:00 AM			10:00 AM		
	Restricted Training Men's 10m synchro + Women's 3m Synchro	10:00 AM			10:45 AM		
	Intro Training Men's 10m synchro + Women's 3m Synchro	10:50 AM			10:55 AM		
	Men's 10m synchro FINAL + Women's 3m Synchro FINAL	6	11	65	71.5	60	11:00 AM 12:11 PM
	Medal Ceremony	12:20 PM			12:25 PM		
	Restricted Training High Dive	12:20 PM			1:10 PM		
	Intro High Dive	1:15 PM			1:20 PM		
	High Diving Round 1-2	2	17	60	34.0	40	1:25 PM 1:59 PM
	Restricted Training Men's 3m final	2:10 PM			3:10 PM		
	Intro Men's 3m final	3:15 PM			3:20 PM		
	Mens 3M Final	6	12	65	78.0	90	3:25 PM 4:43 PM
	Restricted Training Women's 10m Final	5:00 PM			5:55 PM		
	Intro Women's 10m final	6:00 PM			6:05 PM		
	Women's 10m final	5	12	65	65.0	65	6:10 PM 7:15 PM
	Medal Ceremony	7:30 PM			7:40 PM		

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	Event	# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Start & End Time		
4/19/2026	Open Training	8:00 AM				10:00 AM		
	Restricted Training Women's 10m synchro + Men's 3m Synchro	10:00 AM				10:45 AM		
	Intro Training Women's 10m synchro + Men's 3m Synchro	10:50 AM				10:55 AM		
	Women's 10m synchro FINAL + Men's 3m Synchro FINAL	6	15	65	97.5	80	11:00 AM	12:37 PM
	Medal Ceremony	12:40 PM				12:40 PM		
	Restricted Training High Dive	12:40 PM				1:25 PM		
	Intro High Dive	1:30 PM				1:35 PM		
	High Diving Round 3-4	2	17	60	34.0	40	1:40 PM	2:14 PM
	Medal Ceremony	2:25 PM				2:35 PM		
	Restricted Training Women's 3m final	2:20 PM				3:20 PM		
	Intro Women's 3m final	3:25 PM				3:30 PM		
	Womens 3M Final	5	12	65	65.0	75	3:35 PM	4:40 PM
	Restricted Training Men's 10m Final	4:50 PM				5:45 PM		
	Men's 10m final Intro	5:50 PM				5:55 PM		
	Men's 10m final	6	12	65	78.0	90	6:00 PM	7:18 PM
Medal Ceremony	7:40 PM				7:50 PM			