

**2026 USA Region 3 Championships**

Events are on the southside/platform side of the pool

Events are on the northside of the pool

Thursday - Day 0							
	Divers			Duration	Start	Finish	
Open Warmup					1:00 PM	8:00 PM	
All boards open							
Friday - Day 1							
	Divers	# of Dives	Time (min)	Duration	Start	Finish	
Open Warmup					8:00 AM	9:25 AM	
Event 1 Warmup				30min	9:25 AM	9:55 AM	
Event 1					10:00 AM	10:40 AM	
	Group C Girls 1m	11	7	39	40min		
	Group D Boys 3m	8	6	24			
	Group B Boys Plat	4	8	19			
	Group B Girls Plat	4	7	17			
Event 2 Warmup				30min	10:40 AM	11:10 AM	
Awards							
Event 2					11:10 AM	11:55 AM	
	Group D Girls 1m	15	6	45	45min		
	Group C Boys 3m	7	8	28			
	Group A Boys Plat	7	9	38			
Event 3 Warmup				45min	11:55 AM	12:45 PM	
Awards							
Event 3					12:45 PM	1:35 PM	
	Group A Girls Plat	11	8	53	50min		
	Open Platform						
Awards							
Open Warmup					1:35 PM	8:00 PM	
Saturday - Day 2							
	Divers			Duration	Start	Finish	
Open Warmup					8:00 AM	8:55 AM	
Event 4 Warmup				30min	8:55 AM	9:25 AM	
Event 4					9:30 AM	10:45 AM	
	Group D Girls 3m	9	6	27	1hr 14 min		
	Group C Boys 1m	9	8	36			
	Group A Girls 1m	33	9	74			
Event 5 Warmup				45min	10:45 AM	11:30 AM	
Awards							
Event 5					11:30 AM	12:35 PM	
	Group C Girls 3m	8	7	28	1hr 4min		
	Groups D Boys 1m	10	6	30			
	Group B Girls 3m	16	8	64			
Event 6 Warmup				30min	12:35 PM	1:05 PM	
Awards							
Event 6					1:05 PM	2:40 PM	
	Group A Boys 3m	19	10	95	1hr 35 min		
	Group B Boys 1m	20	9	90			
Event 7 Warmup				30min	2:40 PM	3:10 PM	
Awards							
Event 7					3:10 PM	3:15 PM	
	Group A/B Boys Synchro 3m						
	Group A/B Girls Synchro 3m	1	5	3	5min		
Awards							

Open Warmup						3:15 PM	8:00 PM
	All boards open						
<b>Sunday - Day 3</b>		<b>Divers</b>			<b>Duration</b>	<b>Start</b>	<b>Finish</b>
Open Warmup						8:00 AM	8:55 AM
Event 8 Warmup					30min	8:55 AM	9:25 AM
Event 8						9:30 AM	11:30 AM
	Group A Girls 3m	27	9	122	2hr		
	Group A Boys 1m	22	10	110			
Event 9 Warmup					45min	11:30 AM	12:15 PM
Awards							
Event 9						12:15 PM	1:30 PM
	Group B Boys 3m	17	8	68	1hr 12min		
	Group B Girls 1m	18	8	72			
Event 10 Warmup					30 min	1:30 PM	2:00 PM
Awards							
Event 10						2:00 PM	3:00 PM
	Groups C Girls Plat	3	6	11	1hr		
	Groups D Girls Plat	3	6	11			
	Groups C Boys Plat	4	7	17			
	Groups D Boys Plat	5	6	18			
Awards							
	Safe travels home!						