



2026 USA Diving Junior National Championships

DAY 0

Monday, July 27, 2026

Junior Nationals Official Practice - Full Facility Day

DAY 1

Tuesday, July 28, 2026

Junior Nationals Official Practice - Full Facility Day

DAY 2

Wednesday, July 29, 2026

Junior Nationals Open Training - Before 2:00 PM Competition Start

Session 1

- SPLIT Group B Boys 1-Meter Prelim
- SPLIT Group A Boys 3-Meter Prelim

Session 2

- Group B Boys 1-Meter Final
- Group A Boys 3-Meter Final

DAY 3

Thursday, July 30, 2026

Session 3

- SPLIT Group A Boys 1-Meter Prelim
- SPLIT Group B Girls 3-Meter Prelim
- Group B Boys Platform Prelim

Session 4

- Group A Girls Platform Prelim

Session 5

- Group A Boys 1-Meter Final
- Group B Girls 3-Meter Final
- Group B Boys Platform Final

Session 6

- Group A Girls Platform Final

DAY 4

Friday, July 31, 2026

Session 7

- SPLIT Group B Girls 1-Meter Prelim
- SPLIT Group A Girls 3-Meter Prelim
- Group A Boys Platform Prelim

Session 8

- SPLIT Group C Boys 1-Meter Prelim
- Group D Boys 3-Meter Prelim
- Group D Girls Platform Prelim

Session 9

- Group B Girls 1-Meter Final
- Group A Girls 3-Meter Final
- Group A Boys Platform Final

Session 10

- Group C Boys 1-Meter Final
- Group D Boys 3-Meter Final
- Group D Girls Platform Final



DAY 5

Saturday, August 1, 2026

Session 11

- SPLIT Group A Girls 1-Meter Prelim
- SPLIT Group B Boys 3-Meter Prelim
- Group B Girls Platform Prelim

Session 12

- SPLIT Group D Girls 1-Meter Prelim
- SPLIT Group C Boys 3-Meter Prelim
- Group C Girls Platform Prelim

Session 13

- Group A Girls 1-Meter Final
- Group B Boys 3-Meter Final
- Group B Girls Platform Final

Session 14

- Group D Girls 1-Meter Final
- Group C Boys 3-Meter Final
- Group C Girls Platform Final

DAY 6

Sunday, August 2, 2026

Session 15

- SPLIT Group C Girls 1-Meter Prelim
- SPLIT Group D Girls 3-Meter Prelim
- Group D Boys Platform Prelim

Session 16

- Group C Girls 1-Meter Final
- Group D Girls 3-Meter Final
- Group D Boys Platform Final

DAY 7

Monday, August 3, 2026

Session 17

- SPLIT Group D Boys 1-Meter Prelim
- SPLIT Group C Girls 3-Meter Prelim
- Group C Boys Platform Prelim

Session 18

- Group D Boys 1-Meter Final
- Group C Girls 3-Meter Final
- Group C Boys Platform Final

Session 19

- 14-18 Girls 3-Meter Synchro Final
- 14-18 Boys Platform Synchro Final

DAY 8

Tuesday, August 4, 2026

Session 20

- 14-18 Boys 3-Meter Synchro Final
- 14-18 Girls Platform Synchro Final