

2024 USA Diving Junior Nationals - Event Schedule

| Date | Start Time | Event |
|---|--------------------|---|
| Day 0 July 28th Training Day | 8:00-9:15 AM | Group 1 C/D Only |
| | 9:15-10:30 AM | Group 2 C/D Only |
| | 10:30 AM-11:45 AM | Group 3 C/D Only |
| | 11:45 AM - 1:00 PM | A & B Only |
| | 1:00-1:30 PM | Coaches Meeting |
| | 1:30-2:45 PM | Group 1 C/D Only |
| | 2:45-4:00 PM | Group 2 C/D Only |
| | 4:00-5:15 PM | Group 3 C/D Only |
| | 5:15-6:30 PM | A & B Only |
| Day 1 July 29th | 9:00 AM | D Girls 3m Prelims / D Boys Plat Prelims / C Boys 1m Prelims (Simultaneous) |
| | TBA | D Girls 3m Semi-Final / D Boys Plat Semi-Final / C Boys 1m Semi-Final (Simultaneous) |
| | TBA | D Girls 3m Final / D Boys Plat Final / C Boys 1m Final (Simultaneous) |
| Day 2 July 30th | 9:00 AM | D Boys 3m Prelims / D Girls Plat Prelims / C Girls 1M Prelims (Simultaneous) |
| | TBA | D Boys 3m Semi-Final / D Girls Plat Semi-Final / C Girls 1m Semi-Final (Simultaneous) |
| | TBA | D Boys 3m Final / D Girls Plat Final / C Girls 1m Final (Simultaneous) |
| Day 3 July 31st | 9:00 AM | C Girls Plat Prelims / C Boys 3m Prelims / D Boys 1m Prelims (Simultaneous) |
| | TBA | C Girls Plat Semi-Final / C Boys 3m Semi-Final / D Boys 1m Semi-Final (Simultaneous) |
| | TBA | C Girls Plat Final / C Boys 3m Final / D Boys 1m Final (Simultaneous) |
| Day 4 August 1st | 9:00 AM | C Boys Plat Prelims / C Girls 3m Prelims / D Girls 1m Prelims (Simultaneous) |
| | TBA | C Boys Plat Semi-Final / C Girls 3m Semi-Final / D Girls 1m Semi-Final (Simultaneous) |
| | TBA | C Boys Plat Final / C Girls 3m Final / D Girls 1m Final (Simultaneous) |
| Day 5 August 2nd | 1:00 PM | A Girls 1m Prelims / B Boys 3m Prelims (Simultaneous) |
| | TBA | B Girls Plat Prelims / A Boys 1m Prelims (Simultaneous) |

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| Day 6 August 3rd | 9:00 AM | A Boys 3m Prelims / B Girls 1m Prelims (Simultaneous) |
| | TBA | B Boys 1m Prelims / A Girls Plat Prelims (Simultaneous) |
| | TBA | A/B Synchro Girls Plat / A/B Synchro Boys 3m (Combined) |
| Day 7 August 4th | 9:00 AM | B Girls 3m Prelims / B Boys Plat Prelims (Simultaneous) |
| | TBA | A Girls 3m Prelims / A Boys Plat Prelims (Simultaneous) |
| | TBA | A/B Synchro Boys Plat / A/B Synchro Girls 3m (Combined) |
| Day 8 August 5th | 9:00 AM | A Boys 1m Semi-Final / B Girls Plat Semi-Final (Simultaneous) |
| | TBA | B Boys 3m Semi-Final / A Girls 1m Semi-Final (Simultaneous) |
| | TBA | A Boys 1m Final / B Girls Plat Final (Simultaneous) |
| | TBA | B Boys 3m Final / A Girls 1m Final (Simultaneous) |
| Day 9 August 6th | 9:00 AM | B Girls 1m Semi-Final / A Girls Plat Semi-Final (Simultaneous) |
| | TBA | B Boys 1m Semi-Final / A Boys 3m Semi-Final (Simultaneous) |
| | TBA | B Girls 1m Final / A Girls Plat Final (Simultaneous) |
| | TBA | B Boys 1m Final / A Boys 3m Final (Simultaneous) |
| Day 10 August 7th | 9:00 AM | A Girls 3m Semi-Final / A Boys Plat Semi-Final (Simultaneous) |
| | TBA | B Boys Plat Semi-Final / B Girls 3m Semi-Final (Simultaneous) |
| | TBA | A Girls 3m Final / A Boys Plat Final (Simultaneous) |
| | TBA | B Boys Plat Final / B Girls 3m Final (Simultaneous) |
| All event times occur in the Eastern Time Zone. Schedule subject to change due to event entries. | | |
| Updated 3.18.24 | | |