

2024 USA Diving Zone F Championships		
June 27th-June 30th, 2024		
Mission Viejo, California		
Tuesday, June 25th, 2024		
Pool Opens 3:30PM		
Open Warmup 4-8pm		
Wednesday, June 26th, 2024		
Pool Opens 7:30AM		
Region 11 Flighted Warmups- 8-10am & 1-3pm		
Region 12 Flighted Warmups- 10am-12pm & 3-5pm		
Technical Meeting 5pm-6pm		
Open Warmups 12-1pm & 6-8pm		

Thursday, June 27th, 2024		
Pool Opens 6:30am		
Region 12 7-8am		
Region 11 8-9am		
45 minute Event 1 Warmup 9 am-9:45 am		
Event 1 10 am-11:30 am		
1M	3M	PL
GROUP C GIRLS		GROUP D GIRLS & BOYS
60 Minute Event 2 Warmup		
Event 2 12:30 pm- 1:40 pm		
1M	3M	PL
GROUP B BOYS	GROUP C BOYS	

Open Warmup 1:40 pm- 4 pm

Friday, June 28th, 2024

Pool Opens 6:30am

Region 11 7-8am

Region 12 8-9am

45 minute Event 3 Warmup 9 am- 9:45 am

Event 3 10am-11:05 am

1M	3M	PL
GROUP D BOYS	GROUP C GIRLS	GROUP B BOYS

60 Minute Event 4 Warmup

Event 4 12:05 pm- 1:10 pm

1M (Split Boards)	3M	PL
GROUP B GIRLS	GROUP D GIRLS	GROUP C BOYS

60 Minute Event 5 Warmup

Event 5 2:10 pm- 3:20 pm

1M (Split Boards)	3M (Split Boards)	PL
GROUP A GIRLS	GROUP A BOYS	

Open Warmup 3:20 pm- 5 pm

Saturday, June 29th, 2024

Pool Opens 6:30am

Region 12 7-8am

Region 11 8-9am

45 minute Event 6 Warmup 9 am- 9:45 am

Event 6 10 am- 11:20 am

1M	3M	PL
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GROUP D GIRLS	GROUP D BOYS	GROUP C GIRLS
60 Minute Event 7 Warmup		
Event 7 12:20 pm- 1: 35 pm		
1M	3M	PL
GROUP C BOYS	GROUP B BOYS	GROUP B GIRLS
60 Minute Event 8 Warmup		
Event 8 2:35 pm- 3:50 pm		
1M (Split Boards)	3M (Split Boards)	PL
GROUP A BOYS	GROUP A GIRLS	
Open Warmup 3:50 pm- 5:30 pm		

Sunday, June 30th, 2024		
Pool Opens 6:30am		
Region 11 7-8am		
Region 12 8-9am		
45 minute Event 9 Warmup 9am-9:45am		
Event 9 10am- 12 pm		
1M	3M (Split Boards)	PL
	GROUP B GIRLS	GROUP A GIRLS
60 Minute Event 10 Warmup		
Event 10 1 pm- 1:45 pm		
1M	3M	PL
		GROUP A BOYS