

2025 AMERICAN CUP TIMELINE

Date	Entries	# Dives	Seconds Per Dive	Minutes	Min Between Rounds	Buffer	Total Est. Time	Start Time	End Time	Event	Notes
Monday, June 9								5:00 PM	9:00 PM	Open Training	By request only
Tuesday, June 10								8:00 AM	1:00 PM	Open Training	
								1:00 PM	3:30 PM	Flight 1	Australia, Korea, Japan (21)
								3:30 PM	6:00 PM	Flight 2	USA, Canada, Egypt (19)
	POOL CLOSED AT 6:00 PM										
Wednesday, June 11								8:00 AM	12:30 PM	Open Training	
								12:30 PM	1:30 PM	Technical Meeting	Technical Meeting is at the pool
								1:30 PM	3:30 PM	Flight 2	USA, Canada, Egypt (19)
								3:30 PM	5:30 PM	Flight 1	Australia, Korea, Japan (21)
	POOL CLOSED AT 5:30 PM										
Thursday June 12								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:45 AM	Open training (3 meter restricted)	
								9:50 AM	9:55 AM	Men's 3m prelim intro	
	11	6	40	45	0	5	50	10:00 AM	10:50 AM	Men's 3m prelim	
								10:50 AM	11:35 AM	Open training (10m restricted)	
								11:35 AM	11:40 AM	Women's 10m Prelim intro	
	10	50	40	34	0	5	39	11:45 AM	12:25 PM	Women's 10M Prelims	
								12:25 PM	5:00 PM	Open Training	
								5:00 PM	5:25 PM	Restricted Team Event	
								5:30 PM	5:35 PM	Team Event intro	
	3	24	45	20	1	0	25	5:40 PM	6:00 PM	Team Event	
								6:05 PM	6:10 PM	Team Event Podium	
POOL CLOSED ATFTER LAST EVENT											
Friday, June 13								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:45 AM	Open training (3 meter restricted)	
								9:50 AM	9:55 AM	Women's 3m prelim intro	
	10	50	45	38	0	2	40	10:00 AM	10:40 AM	Women's 3m prelim	
								10:40 AM	11:30 AM	Open training (10m restricted)	
								11:35 AM	11:40 AM	Men's 10m Prelim intro	
	6	36	45	27	1	3	35	11:45 AM	12:20 PM	Men's 10M Prelims	
								12:30 PM	6:00PM	Open Training	
	POOL CLOSED AT 6:00 PM										

Date	Entries	# Dives	Seconds Per Dive	Minutes	Min Between Rounds	Buffer	Total Est. Time	Start Time	End Time	Event	Notes
Saturday, June 14								7:00 AM	9:15 AM	Open Training	
								9:15 AM	9:45 AM	Open training (3m restricted)	
								9:50 AM	9:55 AM	Women's 3m Synchro Final intro	
	3	15	45	12	1	4	20	10:00 AM	10:20 AM	Women's 3m Synchro Final	
								10:20 AM	11:00 AM	Open Training (10m)	
								11:00 AM	11:05 AM	Men's 10m Synchro intro	
	4	24	45	18	1	2	25	11:10 AM	11:35 AM	Men's 10m synchro	
								11:40 AM	11:50 AM	Medal Presentation W3mSync + Men10mSync	
								11:50 AM	2:00 PM	Open Training	
								2:00 PM	2:45 PM	Men's 3m Final Training	
								2:50 PM	2:55 PM	Men's 3 Final Intro	
	12	72	45	54	0	0	55	3:00 PM	3:55 PM	Men's 3m Final	
								4:00 PM	4:45 PM	Women's 10m Final training	
	10	50	45	38	1	4	45	4:50 PM	4:55 PM	Women's 10M Final Intro	
								5:00 PM	5:45 PM	Women's 10M Final	
								5:50 PM	6:05 PM	Medal Presentation M3m +W10m Final	
POOL CLOSED AT 6:05 PM											
Sunday, June 15								7:00 AM	10:00 AM	Open Training	
								10:00 AM	10:45 AM	Event Training Only	
								10:50 AM	10:55AM	Men's 3m Synchro & Women's 10m Synchro Final intro	
	5	25	45	15	1	1	30	11:00 AM	11:30 AM	Men's 3m Synchro & Women's 10m Synchro Final	
								11:35 AM	11:45 AM	Medal Presentation M3m Sync + W10mSync	
								11:45 PM	2:00 PM	Open Training	
								2:00PM	2:45PM	Women's 3m Final Training	10 meter open until 10 minutes before event start
								2:50PM	2:55PM	Women's 3m Final Intro	
	10	50	45	38	0	2	40	3:00 PM	3:40 PM	Women's Final 3m Final	
								3:45 PM	4:30 PM	Men's 10m Final training	
								4:35 PM	4:40 PM	Men's 10M Final Intro	
	6	36	60	36	1	4	45	4:45 PM	5:30 PM	Men's 10M Final	
								5:35 PM	5:45 PM	Medal Presentation W3m +M10m Final	
	POOL CLOSED AT 6:00 PM										