



GREENSBORO AQUATIC CENTER

1921 W GATE CITY BLVD

GREENSBORO, NC 27403

APRIL 10 - 14, 2025

THURSDAY, APRIL 10

7:00 AM	Doors Open for Teams
7:30 AM	Doors Open for Spectators
7:30 AM	Lap Swim
8:00 AM - 8:10 AM	Junior Team Free Prelim Spacing (1-5)
8:10 AM - 8:20 AM	Junior Team Free Prelim Spacing (6-9)
8:20 AM - 8:30 AM	Junior Team Free Prelim Spacing (10-13)
8:30 AM - 8:40 AM	Junior Team Free Prelim Spacing (14-17)
8:50 AM - 10:45 AM	Junior Team Free Prelim (17)
10:45 AM - 10:55 AM	Senior Team Free Final Spacing (1-3)
10:55 AM - 11:05 AM	Senior Team Free Final Spacing (4-6)
11:15 AM - 12:00 PM	Senior Team Free Final (6)
12:00 PM - 12:15 PM	Junior Solo Free Prelim Spacing
12:30 PM - 3:15 PM	Junior Solo Free Prelim (38)
3:15 PM - 3:30 PM	Junior Male Solo Free Final Spacing
	Senior Solo Free Prelim Spacing
3:45 PM - 5:00 PM	Junior Male Solo Free Final (1)
	Senior Solo Free Prelim (17)
5:00 PM - 5:10 PM	Junior Duet Free Prelim Spacing (1-14)
5:10 PM - 5:20 PM	Junior Duet Free Prelim Spacing (15-28)
	Junior Male Duet Free Final Spacing
5:30 PM - 8:00 PM	Junior Duet Free Prelim (28)
	Junior Male Duet Free Final (1)

FRIDAY, APRIL 11

7:00 AM	Doors Open for Teams
7:15 AM	Lap Swim
7:30 AM	Doors Open for Spectators
7:40 AM - 7:50 AM	Senior Duet Free Final Spacing
8:00 AM - 8:30 AM	Senior Duet Free Final (5)
8:15 AM - 8:30 AM	AWD Figure Warm-Up (Dive Well)
8:30 AM - 9:30 AM	AWD Figures (23) (Dive Well)
8:30 AM - 8:40 AM	Junior Duet Tech Final Spacing (1-18)
8:40 AM - 8:50 AM	Junior Duet Tech Final Spacing (19-36)
9:00 AM - 12:00 PM	Junior Duet Tech Final (35)
12:00 PM - 12:30 PM	Break
12:10 PM - 12:20 PM	Junior Male Duet Tech Final Spacing
	Senior Duet Tech Final Spacing
12:30 PM - 1:45 PM	Junior Male Duet Tech Final (1)
	Senior Duet Tech Final (13)
1:45 PM - 1:55 PM	AWD Solo Warm-Up
2:00 PM - 2:45 PM	AWD Solos (19)
2:45 PM - 2:55 PM	Junior Solo Tech Final Spacing
3:00 PM - 5:30 PM	Junior Solo Tech Final (36)
5:30 PM - 5:40 PM	Junior Male Solo Tech Final Spacing
	Senior Solo Tech Final Spacing
	Senior Male Solo Tech Final Spacing
5:45 PM - 7:00 PM	Junior Male Solo Tech Final (2)
	Senior Solo Tech Final (17)
	Senior Male Solo Tech Final (2)

We strive to hold all award ceremonies for each day's events at the end of competition on that day. However, we may not be able to due to scheduling. Updates will be sent to coaches via the Remind app.





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SATURDAY, APRIL 12

7:00 AM Doors Open for Teams
 7:30 AM Doors Open for Spectators
 7:30 AM Lap Swim
 8:00 AM - 8:10 AM Junior Team Tech Final Spacing (1-5)
 8:10 AM - 8:20 AM Junior Team Tech Final Spacing (6-10)
 8:20 AM - 8:30 AM Junior Team Tech Final Spacing (11-15)
 8:30 AM - 8:40 AM Junior Team Tech Final Spacing (16-20)
 8:50 AM - 10:45 AM **Junior Team Tech Final (20)**
 10:45 AM - 10:55 AM Senior Team Tech Final Spacing (1-5)
 11:00 AM - 11:30 AM **Senior Team Tech Final (5)**
 11:30 AM - 11:40 AM AWD Duet Warm-Up
 11:45 AM - 12:15 PM **AWD Duet Competition (6)**
 12:30 PM - 1:00 PM Break
 12:45 PM - 12:55 PM Junior Duet Free Final Spacing
 Junior Mixed Duet Free Final Spacing
 1:00 PM - 2:30 PM **Junior Duet Free Final (PRE-12)**
Junior Mixed Duet Free Final (3)
 2:30 PM - 2:40 PM AWD Team Warm-Up
 2:45 PM - 3:30 PM **AWD Team Competition (3)**
 3:30 PM - 3:40 PM Acrobatic Final Spacing (1-5)
 3:40 PM - 3:50 PM Acrobatic Final Spacing (6-9)
 3:50 PM - 4:00 PM Acrobatic Final Spacing (10-13)
 4:15 PM - 5:45 PM **Acrobatic Final (13)**

SUNDAY, APRIL 13

7:00 AM Doors Open for Teams
 7:15 AM Lap Swim
 7:30 AM Doors Open for Spectators
 7:40 AM - 7:50 AM Junior Mixed Duet Tech Final Spacing
 Senior Mixed Duet Tech Final Spacing
 8:00 AM - 8:30 AM **Junior Mixed Duet Tech Final (2)**
Senior Mixed Duet Tech Final (2)
 8:30 AM - 8:40 AM Junior Solo Free Final Spacing
 8:45 AM - 10:00 AM **Junior Solo Free Final (PRE-12)**
 10:00 AM - 10:10 AM Senior Solo Free Final Spacing
 10:15 AM - 11:30 AM **Senior Solo Free Final (PRE-12)**
 11:30 AM - 11:40 AM Junior Team Free Final Spacing (PRE-4)
 11:40 AM - 11:50 AM Junior Team Free Final Spacing (5-8)
 11:50 AM - 12:00 PM Junior Team Free Final Spacing (9-12)
 12:15 PM - 1:45 PM **Junior Team Free Final (PRE-12)**
 Awards

****National Team Trials will begin 90 minutes
 after the end of competition****

MONDAY, APRIL 14

8:00 AM - 12:00 PM National Team Trials

