

## 2025 USA Diving Region 5 Championships Schedule

Day 1		Open Training	8:00 AM				1:00 PM				
			# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Day 1	NON-Qualifying Event	Group A & B Girls Platform	8	5	38	25.3	35	1:00 PM	1:35 PM	1:40 PM	2:05 PM
	NON-Qualifying Event	Group C & D Boys 1-Meter	8	5	35	23.3	35	1:00 PM	1:35 PM	1:40 PM	2:03 PM
	NON-Qualifying Event	Group A & B Boys Platform	9	0	38	0.0	35	2:10 PM	2:45 PM	2:50 PM	2:50 PM
	NON-Qualifying Event	Group C & D Girls 1-Meter	7	15	35	61.3	35	2:10 PM	2:45 PM	2:50 PM	3:51 PM
	NON-Qualifying Event	Group A & B Girls 3M Synchro	5	0	34	0.0	35	3:55 PM	4:30 PM	4:35 PM	4:35 PM
	NON-Qualifying Event	Group A & B Boys 3M Synchro	5	0	33	0.0	35	3:55 PM	4:30 PM	4:35 PM	4:35 PM
	Open Training	Open Training	4:40 PM				6:00 PM				
			# of Dives	# of divers (SPLIT BOARD)	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Day 2	Open Training	Group A & B Only Open Training	7:00 AM				9:25 AM				
	Qualifying Event	Group A Girls 3-Meter	9	22	32	105.6	35	9:25 AM	10:00 AM	10:05 AM	11:50 AM
	Qualifying Event	Group A Boys 1-Meter	10	19	32	101.3	35	9:25 AM	10:00 AM	10:05 AM	11:46 AM
	Qualifying Event	Group B Girls 1-Meter	8	12	34	54.4	35	11:50 AM	12:25 PM	12:30 PM	1:24 PM
	Qualifying Event	Group B Boys 3-Meter	9	7	33	34.7	35	11:50 AM	12:25 PM	12:30 PM	1:04 PM
			# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Day 2	NON-Qualifying Event	Group C & D 3-Meter	8	15	35	70.0	35	1:10 PM	1:45 PM	1:50 PM	3:00 PM
	Open Training	Open Training	3:00 PM				5:00 PM				
			# of Dives	# of divers (SPLIT BOARD)	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Day 3	Open Training	Group A & B Only Open Training	7:00 AM				9:25 AM				
	Qualifying Event	Group A Girls 1-Meter	9	25	32	120.0	35	9:25 AM	10:00 AM	10:05 AM	12:05 PM
	Qualifying Event	Group A Boys 3-Meter	10	17	32	90.7	35	9:25 AM	10:00 AM	10:05 AM	11:35 AM
	Qualifying Event	Group B Girls 3-Meter	8	9	34	40.8	35	12:10 PM	12:45 PM	12:50 PM	1:30 PM
	Qualifying Event	Group B Girls 1-Meter	8	8	34	36.3	35	12:10 PM	12:45 PM	12:50 PM	1:26 PM
			# of Dives	# of divers	Seconds Per Dive	Event Time Minutes	Warm-Up Time Given (Minutes)	Warm-Up Start	Warm-Up End	Event Start	Event End
Day 3	NON-Qualifying Event	Group C & D Girls Platform	6	7	45	31.5	35	1:35 PM	2:10 PM	2:15 PM	2:46 PM
	NON-Qualifying Event	Group C & D Boys Platform	7	0	45	0.0	35	1:35 PM	2:10 PM	2:15 PM	2:15 PM