

2026 USA Diving Junior National Championship 07.26.2026



Monday, July 27

Open Training		9:00 AM – 1:00 PM
Flighted Practice		1:00 PM – 5:30 PM
East	1:00 PM – 2:30 PM	
Central	2:30 PM – 4:00 PM	
West	4:00 PM – 5:30 PM	
Open Training		5:30 PM – 7:30 PM

Tuesday, July 28

Junior Nationals official practice — full facility day		8:00 AM – 12:30 PM
East	8:00 AM – 9:30 AM	
Central	9:30 AM – 11:00 AM	
West	11:00 AM – 12:30 PM	
Open Training		12:30 PM – 1:30 PM
Flighted Warm-Ups		1:30 PM – 6:00 PM
East	1:30 PM – 3:00 PM	
Central	3:00 PM – 4:30 PM	
West	4:30 PM – 6:00 PM	
Open Training		6:00 PM – 7:15 PM
Technical Meeting - Pool CLOSED		7:20 PM – 8:20 PM

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Wednesday, July 29

Flighted Practice		8:00 AM – 12:30 PM
West	8:00 AM – 9:30 AM	
East	9:30 AM – 11:00 AM	
Central	11:00 AM – 12:30 PM	
PRELIMINARIES Session 1 1:25 PM – 3:25 PM		Warm-up 12:30 PM–1:25 PM
Group B Boys 1-Meter	SIMULTANEOUS SPLIT BOARDS	1:25 PM – 2:53 PM
Group A Boys 3-Meter	SIMULTANEOUS SPLIT BOARDS	1:25 PM – 3:25 PM
Open Practice		3:30 PM – 4:45 PM
FINALS Session 2 5:20 PM – 5:55 PM		Warm-up 4:45 PM–5:10 PM
Introductions		5:10 PM – 5:20 PM
Group B Boys 1-Meter	SIMULTANEOUS	5:20 PM – 5:48 PM
Group A Boys 3-Meter	SIMULTANEOUS	5:20 PM – 5:55 PM
Flighted Warm-Ups		6:00 PM – 8:00 PM • until facility close
West	6:00 PM – 6:40 PM	
East	6:40 PM – 7:20 PM	
Central	7:20 PM – 8:00 PM	

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Thursday, July 30

Flighted Warm-Ups

Central	7:00 AM – 7:45 AM
West	7:45 AM – 8:30 AM
East	8:30 AM – 9:15 AM

7:00 AM – 9:15 AM

PRELIMINARIES Session 3 10:10 AM – 12:16 PM

Warm-up 9:15 AM–10:10 AM

Group A Boys 1-Meter **SIMULTANEOUS** **SPLIT BOARDS** 10:10 AM – 12:02 PM

Group B Boys Platform **SIMULTANEOUS** 10:10 AM – 12:16 PM

PRELIMINARIES Session 4 1:20 PM – 3:50 PM

Warm-up 12:25 PM–1:20 PM

Group B Girls 3-Meter **SIMULTANEOUS** **SPLIT BOARDS** 1:20 PM – 2:51 PM

Group A Girls Platform **SIMULTANEOUS** 1:20 PM – 3:50 PM

FINALS Session 5 4:30 PM – 5:05 PM

Warm-up 3:55 PM–4:20 PM

Introductions 4:20 PM – 4:30 PM

Group A Boys 1-Meter **SIMULTANEOUS** 4:30 PM – 5:05 PM

Group B Boys Platform **SIMULTANEOUS** 4:30 PM – 4:58 PM

FINALS Session 6 5:45 PM – 6:13 PM

Warm-up 5:10 PM–5:35 PM

Introductions 5:35 PM – 5:45 PM

Group B Girls 3-Meter **SIMULTANEOUS** 5:45 PM – 6:06 PM

Group A Girls Platform **SIMULTANEOUS** 5:45 PM – 6:13 PM

Opening Ceremonies

6:30 PM – 7:30 PM

Open Training

7:30 PM – 8:00 PM • until facility close

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• Friday, July 31

Flighted Warm-Ups

7:00 AM – 9:15 AM

East	7:00 AM – 7:45 AM
Central	7:45 AM – 8:30 AM
West	8:30 AM – 9:15 AM

PRELIMINARIES Session 7 10:10 AM – 1:19 PM

Warm-up 9:15 AM–10:10 AM

Group B Girls 1-Meter	SIMULTANEOUS	SPLIT BOARDS	10:10 AM – 11:34 AM
Group A Girls 3-Meter	SIMULTANEOUS	SPLIT BOARDS	10:10 AM – 11:54 AM
Group A Boys Platform	SIMULTANEOUS		10:10 AM – 1:19 PM

PRELIMINARIES Session 8 2:20 PM – 4:36 PM

Warm-up 1:25 PM–2:20 PM

Group C Boys 1-Meter	SIMULTANEOUS	2:20 PM – 4:36 PM
Group D Boys 3-Meter	SIMULTANEOUS	2:20 PM – 3:51 PM
Group D Girls Platform	SIMULTANEOUS	2:20 PM – 3:35 PM

FINALS Session 9 5:20 PM – 6:05 PM

Warm-up 4:45 PM–5:10 PM

Introductions		5:10 PM – 5:20 PM
Group B Girls 1-Meter	SIMULTANEOUS	5:20 PM – 5:41 PM
Group A Girls 3-Meter	SIMULTANEOUS	5:20 PM – 5:48 PM
Group A Boys Platform	SIMULTANEOUS	5:20 PM – 6:05 PM

FINALS Session 10 6:55 PM – 7:16 PM

Warm-up 6:10 PM–6:45 PM

Introductions		6:45 PM – 6:55 PM
Group C Boys 1-Meter	SIMULTANEOUS	6:55 PM – 7:16 PM
Group D Boys 3-Meter	SIMULTANEOUS	6:55 PM – 7:09 PM
Group D Girls Platform	SIMULTANEOUS	6:55 PM – 7:13 PM

Open Training

7:35 PM – 8:00 PM • until facility close

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• Saturday, August 1

Flighted Warm-Ups

7:00 AM – 9:15 AM

West	7:00 AM – 7:45 AM
East	7:45 AM – 8:30 AM
Central	8:30 AM – 9:15 AM

PRELIMINARIES Session 11 10:10 AM – 12:25 PM

Warm-up 9:15 AM–10:10 AM

Group A Girls 1-Meter	SIMULTANEOUS	SPLIT BOARDS	10:10 AM – 11:46 AM
Group B Boys 3-Meter	SIMULTANEOUS	SPLIT BOARDS	10:10 AM – 11:41 AM
Group B Girls Platform	SIMULTANEOUS		10:10 AM – 12:25 PM

PRELIMINARIES Session 12 1:25 PM – 3:36 PM

Warm-up 12:30 PM–1:25 PM

Group D Girls 1-Meter	SIMULTANEOUS		1:25 PM – 3:10 PM
Group C Boys 3-Meter	SIMULTANEOUS		1:25 PM – 3:36 PM
Group C Girls Platform	SIMULTANEOUS		1:25 PM – 3:13 PM

Flighted Warm-Ups

3:45 PM – 6:00 PM

Central	3:45 PM – 4:30 PM
West	4:30 PM – 5:15 PM
East	5:15 PM – 6:00 PM

FINALS Session 13 6:35 PM – 7:03 PM

Warm-up 6:00 PM–6:35 PM

Group A Girls 1-Meter	SIMULTANEOUS		6:35 PM – 7:03 PM
Group B Boys 3-Meter	SIMULTANEOUS		6:35 PM – 7:03 PM
Group B Girls Platform	SIMULTANEOUS		6:35 PM – 7:02 PM

FINALS Session 14 7:45 PM – 8:06 PM

Warm-up 7:10 PM–7:45 PM

Group D Girls 1-Meter	SIMULTANEOUS		7:45 PM – 7:59 PM
Group C Boys 3-Meter	SIMULTANEOUS		7:45 PM – 8:06 PM
Group C Girls Platform	SIMULTANEOUS		7:45 PM – 8:03 PM

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Sunday, August 2

Flighted Warm-Ups		7:00 AM – 9:15 AM
Central	7:00 AM – 7:45 AM	
West	7:45 AM – 8:30 AM	
East	8:30 AM – 9:15 AM	
PRELIMINARIES Session 15 10:10 AM – 12:09 PM		Warm-up 9:15 AM–10:10 AM
Group C Girls 1-Meter	SIMULTANEOUS	10:10 AM – 12:09 PM
Group D Girls 3-Meter	SIMULTANEOUS	10:10 AM – 11:52 AM
Group D Boys Platform	SIMULTANEOUS	10:10 AM – 10:49 AM
FINALS Session 16 12:55 PM – 1:13 PM		Warm-up 12:15 PM–12:55 PM
Group C Girls 1-Meter	SIMULTANEOUS	12:55 PM – 1:09 PM
Group D Girls 3-Meter	SIMULTANEOUS	12:55 PM – 1:09 PM
Group D Boys Platform	SIMULTANEOUS	12:55 PM – 1:13 PM
USA Diving JUNIOR National Championships Participants ONLY		1:20 PM – 4:20 PM
Central	1:20 PM – 2:20 PM	
West	2:20 PM – 3:20 PM	
East	3:20 PM – 4:20 PM	
USA Diving National Championship Qualifiers & National Championships participants ONLY		4:20 PM – 8:00 PM • until facility close

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Monday, August 3

Flighted Warm-Ups

8:00 AM – 10:15 AM

East	8:00 AM – 8:45 AM
Central	8:45 AM – 9:30 AM
West	9:30 AM – 10:15 AM

PRELIMINARIES Session 17 11:10 AM – 1:13 PM

Warm-up 10:15 AM–11:10 AM

Group D Boys 1-Meter	SIMULTANEOUS	11:10 AM – 12:41 PM
Group C Girls 3-Meter	SIMULTANEOUS	11:10 AM – 1:13 PM
Group C Boys Platform	SIMULTANEOUS	11:10 AM – 12:24 PM

Junior Nationals Athletes ONLY Open Training

1:20 PM – 3:20 PM

FINALS Session 18 4:10 PM – 4:37 PM

Warm-up 3:20 PM–4:00 PM

Introductions

4:00 PM – 4:10 PM

Group D Boys 1-Meter	SIMULTANEOUS	4:10 PM – 4:24 PM
Group C Girls 3-Meter	SIMULTANEOUS	4:10 PM – 4:24 PM
Group C Boys Platform	SIMULTANEOUS	4:10 PM – 4:37 PM

FINALS Session 19 5:30 PM – 6:15 PM

Warm-up 4:45 PM–5:30 PM

Junior 14-18 Girls 3-Meter Synchro	SIMULTANEOUS	5:30 PM – 6:05 PM
Junior 14-18 Boys Platform Synchro	SIMULTANEOUS	5:30 PM – 6:15 PM

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● Tuesday, August 4

Junior & Senior open training	8:00 AM – 11:00 AM
FINALS Session 20 12:05 PM – 12:50 PM	Warm-up 11:00 AM–11:55 AM
Introductions	11:55 AM – 12:05 PM
Junior 14-18 Boys 3-Meter Synchro SIMULTANEOUS	12:05 PM – 12:40 PM
Junior 14-18 Girls Platform Synchro SIMULTANEOUS	12:05 PM – 12:50 PM
Open training - Jr. Synchro Athletes & USA Nationals/USA Nationals Qualifer participants	1:00 PM – 6:00 PM

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• Wednesday, August 5

Open Athlete (only) Meeting with USA Diving CEO Lee Michaud	2:00 PM – 3:00 PM
NCAA College Coaches Meeting - Hosted by Drew Johansen	3:00 PM – 4:00 PM
Open Training	7:50 PM – 8:00 PM • until facility close

• Saturday, August 8

Open Training	7:10 PM – 8:00 PM • until facility close
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• Monday, August 10

Open Training	11:05 AM – 1:05 PM
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• Tuesday, August 11

Open Training	11:00 AM – 12:30 PM
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