

# USA Diving West Championships

Competition Pool · Eastern Time (ET)

| DAY 1            |                                                                                                                                                                                    | Tuesday, June 23, 2026   |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 11:00 AM-8:00 PM | <div>Open Practice</div> <div>Open practice.</div>                                                                                                                                 |                          |
| DAY 2            |                                                                                                                                                                                    | Wednesday, June 24, 2026 |
| 8:00 AM-7:00 PM  | <div>Open Practice</div> <div>Flighted: Dryland will open at 7:30AM Zone F: 8-10 AM and 1-3 PM Zone E: 10AM-12 PM and 3-5 PM Open from 12-1 PM and from 5-7 PM</div>               |                          |
| 7:00 PM-8:00 PM  | <div>Custom Block</div> <div>Technical Meeting</div>                                                                                                                               |                          |
| DAY 3            |                                                                                                                                                                                    | Thursday, June 25, 2026  |
| 6:30 AM-8:25 AM  | <div>Open Practice</div> <div>Open practice.</div>                                                                                                                                 |                          |
| 8:25 AM-10:51 AM | <div>Session 1</div> <div>Warm-up: 8:25 AM-9:10 AM</div> <div><ul style="list-style-type: none"><li>SPLIT Group A Girls 1m Prelim</li><li>Group A Boys 3m Prelim</li></ul></div>   |                          |
| 10:55 AM-1:17 PM | <div>Session 2</div> <div>Warm-up: 10:55 AM-11:40 AM</div> <div><ul style="list-style-type: none"><li>Group B Girls Platform Prelim</li><li>Group B Boys 1m Prelim</li></ul></div> |                          |
| 1:20 PM-3:14 PM  | <div>Session 3</div> <div>Warm-up: 1:20 PM-2:05 PM</div> <div><ul style="list-style-type: none"><li>Group C Girls 3m Prelim</li><li>Group D Boys 1m Prelim</li></ul></div>         |                          |
| 3:20 PM-4:50 PM  | <div>Open Training</div> <div>Open training.</div>                                                                                                                                 |                          |
| 5:00 PM-5:57 PM  | <div>Session 4</div> <div>Warm-up: 5:00 PM-5:25 PM</div> <div><ul style="list-style-type: none"><li>Group A Girls 1m Final</li><li>Group A Boys 3m Final</li></ul></div>           |                          |
| 6:10 PM-7:09 PM  | <div>Session 5</div> <div>Warm-up: 6:10 PM-6:35 PM</div> <div><ul style="list-style-type: none"><li>Group B Girls Platform Final</li><li>Group B Boys 1m Final</li></ul></div>     |                          |
| 7:20 PM-8:06 PM  | <div>Session 6</div> <div>Warm-up: 7:20 PM-7:45 PM</div> <div><ul style="list-style-type: none"><li>Group C Girls 3m Final</li><li>Group D Boys 1m Final</li></ul></div>           |                          |

| DAY 4            |                                                                                                                                                                   | Friday, June 26, 2026 |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 6:30 AM-8:25 AM  | <b>Open Practice</b><br>Open practice.                                                                                                                            |                       |
| 8:25 AM-11:27 AM | <b>Session 7</b><br>Warm-up: 8:25 AM-9:10 AM <ul style="list-style-type: none"><li>Group A Girls Platform Prelim</li><li>Group A Boys 1m Prelim</li></ul>         |                       |
| 11:30 AM-1:14 PM | <b>Session 8</b><br>Warm-up: 11:30 AM-12:15 PM <ul style="list-style-type: none"><li>SPLIT Group B Girls 1m Prelim</li><li>SPLIT Group B Boys 3m Prelim</li></ul> |                       |
| 1:15 PM-2:42 PM  | <b>Session 9</b><br>Warm-up: 1:15 PM-2:00 PM <ul style="list-style-type: none"><li>Group D Girls 1m Prelim</li><li>Group C Boys Platform Prelim</li></ul>         |                       |
| 2:50 PM-4:20 PM  | <b>Open Training</b><br>Open training.                                                                                                                            |                       |
| 4:30 PM-5:27 PM  | <b>Session 10</b><br>Warm-up: 4:30 PM-4:55 PM <ul style="list-style-type: none"><li>Group A Girls Platform Final</li><li>Group A Boys 1m Final</li></ul>          |                       |
| 5:40 PM-6:32 PM  | <b>Session 11</b><br>Warm-up: 5:40 PM-6:05 PM <ul style="list-style-type: none"><li>Group B Girls 1m Final</li><li>Group B Boys 3m Final</li></ul>                |                       |
| 6:45 PM-7:37 PM  | <b>Session 12</b><br>Warm-up: 6:45 PM-7:10 PM <ul style="list-style-type: none"><li>Group D Girls 1m Final</li><li>Group C Boys Platform Final</li></ul>          |                       |

| DAY 5             |                                                                                                                                                                                         | Saturday, June 27, 2026 |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| 6:30 AM-8:25 AM   | <div>Open Practice</div> <div>Open practice.</div>                                                                                                                                      |                         |
| 8:25 AM-10:30 AM  | <div>Session 13</div> <div>Warm-up: 8:25 AM-9:10 AM</div> <div><ul style="list-style-type: none"><li>SPLIT Group B Girls 3m Prelim</li><li>Group A Boys Platform Prelim</li></ul></div> |                         |
| 10:30 AM-12:06 PM | <div>Session 14</div> <div>Warm-up: 10:30 AM-11:15 AM</div> <div><ul style="list-style-type: none"><li>SPLIT Group C Girls 1m Prelim</li><li>Group C Boys 3m Prelim</li></ul></div>     |                         |
| 12:10 PM-1:34 PM  | <div>Session 15</div> <div>Warm-up: 12:10 PM-12:55 PM</div> <div><ul style="list-style-type: none"><li>Group D Girls Platform Prelim</li><li>Group D Boys 3m Prelim</li></ul></div>     |                         |
| 1:40 PM-3:10 PM   | <div>Open Training</div> <div>Open training.</div>                                                                                                                                      |                         |
| 3:20 PM-4:23 PM   | <div>Session 16</div> <div>Warm-up: 3:20 PM-3:45 PM</div> <div><ul style="list-style-type: none"><li>Group B Girls 3m Final</li><li>Group A Boys Platform Final</li></ul></div>         |                         |
| 4:35 PM-5:21 PM   | <div>Session 17</div> <div>Warm-up: 4:35 PM-5:00 PM</div> <div><ul style="list-style-type: none"><li>Group C Girls 1m Final</li><li>Group C Boys 3m Final</li></ul></div>               |                         |
| 5:35 PM-6:27 PM   | <div>Session 18</div> <div>Warm-up: 5:35 PM-6:00 PM</div> <div><ul style="list-style-type: none"><li>Group D Girls Platform Final</li><li>Group D Boys 3m Final</li></ul></div>         |                         |

| DAY 6             |                                                                                                                                                                  | Sunday, June 28, 2026 |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 6:30 AM-8:25 AM   | <b>Open Practice</b><br>Open practice.                                                                                                                           |                       |
| 8:25 AM-10:20 AM  | <b>Session 19</b><br>Warm-up: 8:25 AM-9:10 AM <ul style="list-style-type: none"><li>SPLIT Group A Girls 3m Prelim</li><li>Group B Boys Platform Prelim</li></ul> |                       |
| 10:20 AM-11:56 AM | <b>Session 20</b><br>Warm-up: 10:20 AM-11:05 AM <ul style="list-style-type: none"><li>Group C Girls Platform Prelim</li><li>Group C Boys 1m Prelim</li></ul>     |                       |
| 12:00 PM-1:27 PM  | <b>Session 21</b><br>Warm-up: 12:00 PM-12:45 PM <ul style="list-style-type: none"><li>Group D Girls 3m Prelim</li><li>Group D Boys Platform Prelim</li></ul>     |                       |
| 1:35 PM-3:05 PM   | <b>Open Training</b><br>Open training.                                                                                                                           |                       |
| 3:15 PM-4:14 PM   | <b>Session 22</b><br>Warm-up: 3:15 PM-3:40 PM <ul style="list-style-type: none"><li>Group A Girls 3m Final</li><li>Group B Boys Platform Final</li></ul>         |                       |
| 4:25 PM-5:17 PM   | <b>Session 23</b><br>Warm-up: 4:25 PM-4:50 PM <ul style="list-style-type: none"><li>Group C Girls Platform Final</li><li>Group C Boys 1m Final</li></ul>         |                       |
| 5:30 PM-6:22 PM   | <b>Session 24</b><br>Warm-up: 5:30 PM-5:55 PM <ul style="list-style-type: none"><li>Group D Girls 3m Final</li><li>Group D Boys Platform Final</li></ul>         |                       |