

DAY	GROUP	EVENTS	EVENT DIVERS	EVENT ROUNDS	EVENT DIVES	EVENT MINUTES	BOARD DIVES	BOARD MINUTES	GROUP START TIME AFTER 60 MINUTE WARMUP	MAX GROUP MINUTES	GROUP END TIME
FRIDAY	GROUP 01	Group D Boys 1m (11 & Under)	9	6	54	27	54	27	9:00 AM	27	9:27 AM
		Group C Boys Platform (12-13)	6	7	42	21	42	21			
FRIDAY	GROUP 02	Group D Girls 1m (11 & Under)	21	6	126	63	126	63	10:27 AM	68	11:35 AM
		Group B Girls 3m (14-15) - SPLIT - BOARD C	17	8	136	68	136	68			
		Group B Girls 3m (14-15) - SPLIT - BOARD D	16	8	128	64	128	64			
FRIDAY	GROUP 03	Group A Girls 1m (16-18) - SPLIT - BOARD A	19	9	171	86	171	86	12:35 PM	86	2:00 PM
		Group A Girls 1m (16-18) - SPLIT - BOARD B	19	9	171	86	171	86			
		Group C Girls 3m (12-13)	20	7	140	70	140	70			
FRIDAY	GROUP 04	Group B Boys 1m (14-15)	15	9	135	68	135	68	3:00 PM	68	4:07 PM
		Group A Boys 3m (16-18) - SPLIT - BOARD C	12	10	120	60	120	60			
		Group A Boys 3m (16-18) - SPLIT - BOARD D	11	10	110	55	110	55			
SATURDAY	GROUP 05	Group D Boys 3m (11 & Under)	8	6	48	24	138	69	9:00 AM	69	10:09 AM
		Group D Girls 3m (11 & Under)	15	6	90	45					
		Group C Girls Platform (12-13)	12	6	72	36	72	36			
		Group C Boys 1m (12-13)	17	8	136	68	136	68			
SATURDAY	GROUP 06	Group A Boys 1m (16-18) - SPLIT - BOARD A	14	10	140	70	140	70	11:09 AM	70	12:19 PM
		Group A Boys 1m (16-18) - SPLIT - BOARD B	13	10	130	65	130	65			
		Group B Boys 3m (14-15)	15	9	135	68	135	68			
SATURDAY	GROUP 07	Group B Girls 1m (14-15)	31	8	248	124	248	124	1:19 PM	148	3:47 PM
		Group A Girls Platform (16-18)	37	8	296	148	296	148			
SUNDAY	GROUP 08	Group C Boys 3m (12-13)	16	8	128	64	128	64	9:00 AM	64	10:04 AM
		Group D Girls Platform (11 & Under)	6	5	30	15	125	63			
		Group B Boys Platform (14-15)	10	8	80	40					
		Group D Boys Platform (11 & Under)	3	5	15	8					
SUNDAY	GROUP 09	Group C Girls 1m (12-13)	20	7	140	70	140	70	11:04 AM	74	12:17 PM
		Group B Girls Platform (14-15)	21	7	147	74	147	74			
SUNDAY	GROUP 10	Group A Girls 3m (16-18) - SPLIT - BOARD C	21	9	189	95	189	95	1:17 PM	95	2:51 PM
		Group A Girls 3m (16-18) - SPLIT - BOARD D	20	9	180	90	180	90			
		Group A Boys Platform (16-18)	19	9	171	86	171	86			

FLIGHTED MORNING WARM-UPS					
Friday, June 20th 2025		Saturday, June 21st 2025		Sunday, June 22nd 2025	
6:00 AM	Facility Opens	6:00 AM	Facility Opens	6:00 AM	Facility Opens
6:30 am - 7:20 am	Region 10 Practice	6:30 am - 7:20 am	Region 9 Practice	6:30 am - 7:20 am	Region 10 Practice
7:20 am - 8:10 am	Region 9 Practice	7:20 am - 8:10 am	Region 10 Practice	7:20 am - 8:10 am	Region 9 Practice
8:10 am - 8:55 am	Event only warmup 1m/PL, 3m OPEN	8:10 am - 8:55 am	Event only warmup 3m/PL, 1m OPEN (3m divers have	8:10 am - 9:10 am	Event only warmup 3m/PL, 1m OPEN

TEAMS	DIVERS	ENTRIES
Stanford Diving	30	78
Mission Viejo Nadadores Dive	29	78
Mile High Dive Club	31	59
Crown Valley Divers	14	28
Alpha Diving Club	9	23
Arrow Dive Club	9	23
Pacific Diving Academy USA Inc.	8	22
Thunderbird Diving	7	17
Emerald Diving club	7	16
Coast Divers	7	15
Unattached	7	14
YMCA Westside Silver Fins	5	13
Santa Clara Diving Club	7	12
Los Angeles Dive Club	5	11
Tualatin Hills Dive Club	4	11
California Diving Academy	5	10
Delta Valley Diving	4	9
707 Diving	4	8
Frontier Diving Club	3	7
Sherman Divers	3	5
Dive Lab	1	2
Uinta Diving Club	1	2
Totals	200	463

DAY	GROUP	GROUP START TIME AFTER 60 MINUTE WARMUP	GROUP RUNNING TIME HOURS & MINUTES	GROUP END TIME
FRIDAY	GROUP 01	9:00 AM	0:27	9:27 AM
FRIDAY	GROUP 02	10:27 AM	1:08	11:35 AM
FRIDAY	GROUP 03	12:35 PM	1:25	2:00 PM
FRIDAY	GROUP 04	3:00 PM	1:07	4:07 PM
SATURDAY	GROUP 05	9:00 AM	1:09	10:09 AM
SATURDAY				
SATURDAY	GROUP 06	11:09 AM	1:10	12:19 PM
SATURDAY	GROUP 07	1:19 PM	2:28	3:47 PM
SUNDAY	GROUP 08	9:00 AM	1:04	10:04 AM
SUNDAY	GROUP 09	11:04 AM	1:13	12:17 PM
SUNDAY	GROUP 10	1:17 PM	1:34	2:51 PM

60 ADJUST THE WARMUP
TIME BETWEEN GROUPS
IN THE CELL TO THE LEFT
 <-----

30 ADJUST THE SECONDS PER DIVE IN THE CELL TO THE LEFT
 ^

.

|