

PRACTICE DAYS	
1	2
3	4
5	6
7	8
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11	12
13	14
15	16
17	18
19	20
21	22
23	24
25	26
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Thursday, July 14, 2022

Open Warm-up: 10:30am - 7:30PM

Friday, July 15, 2022

Open Warm-up: 7:00am - 7:30PM

Coaches Meeting: 7:35pm - at the pool

Competition Days

Prelims - Day 1 - Saturday, July 16, 2022

SESSION 1 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:00am for Dryland	12	C	1M	Boys		Red	Black
	13	C	1M	Boys		Purple	Pink
Open Warm-up: 6:30am - 7:30am	12	C	3M	Girls		Yellow	Orange
Event Warm-up: 7:30am - 8:00am	13	C	3M	Girls		Blue	Green
There are no open boards during event warm-up							
Event: 8:05am - 9:30am							
Volunteers Check-in: 7:50am							

SESSION 2 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 9:35am - 10:05am	9U	E	1M	Boys		Purple	
Black & Red boards Open during event warm-up	10	D	1M	Boys			
Event 10:10 am - 11:30 am	10	D	1M	Girls		Pink	
Volunteers Check-in: 10:00am							
	11	D	3M	Girls		Blue	Green
	9U	E	3M	Girls		Yellow	
	11	D	3M	Boys		Orange	

Afternoon Warm-ups

Open Warm-up: 11:50am - 2:30pm

Finals - Day 1 - Saturday, July 16, 2022

SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 2:30pm - 3:00pm	12	C	1M	Boys		Red	Black
Athletes Line-up/March-in: 3:00pm followed by event	13	C	1M	Boys		Purple	Pink
Event Ends: 3:40 pm	12	C	3M	Girls		Yellow	Orange
Volunteers Check-in: 2:45pm	13	C	3M	Girls		Blue	Green

SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 3:45pm - 4:15pm	9U	E	1M	Boys		Purple	
Athletes Line-up/March-in: 4:15pm followed by event	10	D	1M	Boys			
Event Ends: 4:55pm	10	D	1M	Girls		Pink	
Volunteers Check-in: 4:00pm							
	11	D	3M	Girls		Blue	Green
	9U	E	3M	Girls		Yellow	
	11	D	3M	Boys		Orange	

Session 3 - SYNCHRO

Event Warm-up: 5:00pm - 5:30pm

Start of event: 5:35pm

Volunteers Check-in: 5:15pm

Prelims - Day 2 - Sunday, July 17, 2022

SESSION 1 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:00am for Dryland	12	C	1M	Girls	Split	Red	Black
Open Warm-up: 6:30am - 7:30am	13	C	1M	Girls	Split	Purple	Pink
Event Warm-up: 7:30am - 8:00am	13	C	3M	Boys		Blue	Green
There are no open boards during event warm-up	12	C	3M	Boys		Orange	Yellow
Event: 8:05am - 9:15am							
Volunteers Check-in: 7:55am							

SESSION 2 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 9:15am - 9:45am	11	D	1M	Girls		Red	
Event 9:50am - 11:10 am	11	D	1M	Boys		Black	
No open boards during warm ups	9U	E	1M	Girls		Pink	Purple
Volunteers Check-in: 9:40am	9U	E	3M	Boys		Blue	
	10	D	3M	Boys		Green	
	10	D	3M	Girls		Orange	Yellow

Afternoon Warm-ups							
Open Warm-up: 11:30am - 2:30pm							

<p align="center">Finals - Day 2 - Sunday, July 17, 2022</p>									
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SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 2:30pm - 3:00pm	12	C	1M	Girls		Red	Black
Athletes Line-up/March-in: 3:00pm followed by event	13	C	1M	Girls		Purple	Pink
Event Ends: 3:40 pm	13	C	3M	Boys		Blue	Green
Volunteers Check-in: 2:45pm	12	C	3M	Boys		Orange	Yellow

SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 3:45pm - 4:15pm	11	D	1M	Girls		Red	
Athletes Line-up/March-in: 4:15pm followed by event	11	D	1M	Boys		Black	
Event Ends: 4:55pm	9U	E	1M	Girls		Pink	Purple
Volunteers Check-in: 4:00pm	9U	E	3M	Boys		Blue	
	10	D	3M	Boys		Green	
	10	D	3M	Girls		Orange	Yellow

SESSION 3 - SYNCHRO	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 5:00pm - 5:30pm	13U	C	1M	Boys		Red	Black
Start of event: 5:35pm	13U	C	3M	Girls		Blue	Green
Volunteers Check-in: 5:15pm							

Finals - Day 3 - Monday, July 18, 2022							
SESSION 1	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:00am for Dryland	14-15	B	Tower	Girls	Combined	Tower	
Open Warm-up: 6:30am - 7:30am	14-15	B	Tower	Boys			
Event Warm-up: 7:30am - 8:25am							
Event: 8:30am - 11.10am							
Volunteers Check-in: 8:15am							
SESSION 2	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 11:10am - 12:05am	12-13	C	Tower	Boys	Combined	Tower	
Event 12:10am - 2:25pm	12-13	C	Tower	Girls			
Volunteers Check-in: 11:50am	11U	D	Tower	Girls			
	11U	D	Tower	Boys			
Afternoon Warm-ups							
	All Tower events are finals All Springboards are open during Tower warm ups						
Open Warm-up: 2:30pm - 7:15pm							
Coaches Meeting 7:30pm							
Celebration of Athletes							
Competition Days							

Prelims - Day 4 - Tuesday, July 19, 2022

SESSION 1 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:00am for Dryland	14	B	3M	Girls	Split	Orange	Yellow
Open Warm-up: 6:30am - 7:30am							
Event Warm-up: 7:30am - 8:00am	15	B	1M	Girls	Split	Black	Red
Blue & Green boards open during event warm-up	15	B	1M	Boys		Pink	Purple
Event: 8:05am - 9:45am	14	B	3M	Boys		Blue	Green
Volunteers Check-in: 7:55am							

SESSION 2 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 9:50am - 10:20am	16	A	3M	Boys	Split	Orange	Yellow
Blue & Green boards open during event warm-up	17	A	1M	Boys	Split	Red	Black
Event 10:25am - 11:45pm	18	A	1M	Boys		Pink	
Volunteers Check-in: 10:15am	19+	A	1M	Boys		Purple	

Afternoon Warm-ups							
Open Warm-up: 12:15pm - 2:30pm							

Finals - Day 4 - Tuesday, July 19, 2022

SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 2:30pm - 3:00pm	14	B	3M	Girls	Split	Orange	Yellow
Athletes Line-up/March-in: 3:05pm followed by event							
Event Ends: 4:25pm	15	B	1M	Girls	Split	Black	Red
Volunteers Check-in: 2:50pm	15	B	1M	Boys		Pink	Purple
	14	B	3M	Boys		Blue	Green

SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 4:25pm - 4:55pm	16	A	3M	Boys	Split	Orange	Yellow
Athletes Line-up/March-in: 4:55pm followed by event	17	A	1M	Boys	Split	Red	Black
Event Ends: 6:15pm	18	A	1M	Boys		Pink	
Volunteers Check-in: 4:40pm	19+	A	1M	Boys		Purple	

SESSION 3 - SYNCHRO	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 6:15pm - 6:45pm	14-15	B	1M	Girls		Red	Black
Event Start: 6:45pm	14-15	B	3M	Boys	Combined	Orange	Yellow
Volunteers Check-in: 6:25pm	16+	A	3M	Boys			

Prelims - Day 5 - Wednesday, July 20, 2022

SESSION 1 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:00am for Dryland	14	B	1M	Girls	Split	Red	Black
Open Warm-up: 6:30am - 7:30am	14	B	1M	Boys		Pink	
Event Warm-up: 7:30am - 8:00am	15	B	3M	Girls	Split	Orange	yellow
Blue & Green boards open during event warm-up	19+	A+	1M	Girls		Purple	
Event: 8:05am - 9:45am							
Volunteers Check-in: 7:50am							

SESSION 2 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 9:50am - 10:20am	15	B	3M	Boys		Orange	yellow
Blue & Green boards open during event warm-up	18	A	1M	Girls	Split 4 ways	Red	Black
Event: 10:25am - 11:40 am						Pink	Purple
Volunteers Check-in: 10:15 am							

SESSION 3 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 11:45pm - 12:15pm	16	A	1M	Girls	Split 4 Ways	Red	Black
No boards are open for warm ups						Pink	Purple
Event: 12:20pm - 2:05pm	17	A	3M	Girls	Split 4 Ways	Orange	yellow
Volunteers Check-in: 12:05pm						Blue	Green

Afternoon Warm-ups

The number of divers registered for this meet doesn't allow for afternoon warm-ups on days like this one. We have opened the non-competing boards for open warm-ups during all event warm ups.

Finals - Day 5 - Wednesday, July 20, 2022

SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 2:30pm - 3:00pm	14	B	1M	Girls		Red	Black
Athletes Line-up/March-in: 3:00pm followed by event	14	B	1M	Boys		Pink	
Event Ends: 3:50pm	15	B	3M	Girls		Orange	yellow
Volunteers Check-in: 2:45pm	19+	A+	1M	Girls		Purple	

SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 3:55pm - 4:25pm	15	B	3M	Boys		Orange	yellow
Athletes Line-up/March-in: 4:25 pm followed by event	18	A	1M	Girls		Red	Black
Event Ends: 5:20 pm							
Volunteers Check-in: 4:15pm							

SESSION 3 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 5:20pm - 5:50pm	16	A	1M	Girls		Red	Black
Athletes Line-up/March-in: 5:50pm followed by event	17	A	3M	Girls		Orange	Yellow
Event Ends: 6:40pm							
Volunteers Check-in: 6:00pm							

SESSION 4 - SYNCHRO	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 6:45pm - 7:15pm	14-15	B	3M	Girls		Orange	Yellow
Event Start: 7:20pm	16+	A	1M	Girls		Red	Black
Volunteers Check-in: 7:20pm	14-15	B	1M	Boys		Pink	Purple

Prelims - Day 6 - Thursday, July 21, 2022							
SESSION 1 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Pool opens at 6:00am for Dryland	16	A	3M	Girls	Split 4 ways	Orange	Yellow
Open Warm-up: 6:30am - 7:30am						Blue	Green
Event Warm-up: 7:30am - 8:00am	17	A	1M	Girls	Split 4 ways	Red	Black
Event: 8:05am - 9:45am						Pink	Purple
Volunteers Check-in: 7:55am							
SESSION 2 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 9:50am - 10:20am	18	A	3M	Girls	Split	Orange	Yellow
PINK, PURPLE boards Open during event warm-up	16	A	1M	Boys	Split	Red	Black
Event: 10:25am - 12:20pm	17	A	3M	Boys	Split	Blue	Green
Volunteers Check-in: 10:15am							
SESSION 3 - PRELIMS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 12:25pm - 12:55	18	A	3M	Boys		Blue	Green
PINK, PURPLE, RED BLACK boards Open during event warm-up	19+	A+	3M	Girls		Orange	
	19+	A+	3M	Boys		Yellow	
Event: 1:00pm - 2:25pm							
Volunteers Check-in: 12:50pm							
Afternoon Warm-ups							
The number of divers registered for this meet doesn't allow for afternoon warm-ups on days like this one. We have opened the non-competing boards for open warm-ups during all event warm ups.							
Finals - Day 6 - Thursday, July 21, 2022							
SESSION 1 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 2:30pm - 3:00pm	16	A	3M	Girls		Orange	Yellow
Athletes Line-up/March-in: 3:00pm followed by event							
Event Ends: 3:50pm	17	A	1M	Girls		Red	Black
Volunteers Check-in: 2:45pm							
SESSION 2 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 3:55pm - 4:25pm	18	A	3M	Girls		Orange	Yellow
Athletes Line-up/March-in: 4:25 pm followed by event	16	A	1M	Boys		Red	Black
Event Ends: 5:20 pm	17	A	3M	Boys		Blue	Green
Volunteers Check-in: 4:15pm							
SESSION 3 - FINALS	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 5:20pm - 5:50pm	18	A	3M	Boys		Blue	Green
Athletes Line-up/March-in: 5:50pm followed by event	19+	A+	3M	Girls		Orange	
Event Ends: 6:40pm	19+	A+	3M	Boys		Yellow	
Volunteers Check-in: 6:00pm							
SESSION 4 - SYNCHRO	Age	Group	Level	Gender	Comb /Split	Board	
Event Warm-up: 6:45pm - 7:15pm	16+	A	1M	Boys		Red	Black
Event Start: 7:20pm	16+	A	3M	Girls		Blue	Green
Volunteers Check-in: 7:20pm							

Finals - Day 7 - Friday, July 22, 2022						
Session 1	Age	Group	Level	Gender	Comb /Split	Board
Pool opens at 6:00am for Dryland	16-18	A	Tower	Girls		Tower
Open Warm-up: 6:30am - 7:30am						
Event Warm-up: 7:30am - 8:25am						
Event: 8:30am - 12:40pm						
Volunteers Check-in: 8:15am						
SESSION 2	Age	Group	Level	Gender	Comb /Split	Board
Event Warm-up: 12:40pm - 1:40pm	16-18	A	Tower	Boys	Combined	Tower
Event: 1:45pm - 4:00pm	19+	A+	Tower	Boys		
Volunteers Check-in: 1:30pm	19+	A+	Tower	Girls		
Day 8 - Saturday, July 23, 2022						
Schedule to be distributed on site based on College Showcase entries						