

2024 USA DIVING WINTER NATIONAL CHAMPIONSHPS TIMELINE

Date	Entries	# Dives	Seconds Per Dive	Minutes	Min Between Rounds	Buffer	Total Est. Time	Start Time	End Time	Event	Notes
Saturday, December 7								7:00 AM	5:00 PM	Open Training	
Sunday, December 8								7:00 AM	4:30 PM	Open Training	
								12:00 PM	12:30 PM	Coach Meeting (POOL CLOSED)	Lunch provided.
								4:30 PM	4:55 PM	Event Warm Up	
	17	85	30	43			1 hr 00 min	5:00 PM	6:00 PM	Women's 3m Qualifier	Simultaneous
	16	96		48						Men's 1m Qualifier	
	POOL CLOSED AT CONCLUSION OF EVENTS										
Monday, December 9								7:00 AM	4:30 PM	Open Training	
								4:30 PM	4:55 PM	Event Warm Up	
	5	25	40	17			1 hr 25 min	5:00 PM	6:25 PM	Women's 10m Qualifier	Now Combined **UPDATED**
	18	108	35	63						Men's 3m Qualifier	
POOL CLOSED AT CONCLUSION OF EVENTS											
Tuesday, December 10								7:00 AM	4:30 PM	Open Training	
								4:30 PM	4:55 PM	Event Warm Up	
	17	85	30	43			1 hr 05 min	5:00 PM	6:05 PM	Women's 1m Qualifier	Now Combined **UPDATED**
	4	24	40	16						Men's 10m Qualifier	
POOL CLOSED AT CONCLUSION OF EVENTS											
Wednesday, December 11								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	
	2	10	60	28	**We will have a 30 second pause after each dive**		30 min	10:00 AM	10:30 AM	Women's 10m Synchro Prelim	Combined
	3	18								Men's 3m Synchro Prelim	
										Open Training	
								10:35 AM	2:25 PM	Open Training	
								2:25 PM	2:50 PM	Event Warm Up	
								2:55 PM	2:58 PM	Synchro Introductions	
	4	20	60	44	**We will have a 30 second pause after each dive**		30 min	3:00PM	3:30 PM	Women's 10m Synchro Final	Combined
	4	24								Men's 3m Synchro Final	
							3:50 PM	7:00 PM	Open Training		
POOL CLOSED AT 7:00 PM											
Thursday, December 12								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	
	7	35	40	27			35 min	10:00 AM	10:35 AM	Women's 3m Synchro Prelim	Combined
	1	6								Men's 10m Synchro Prelim	
								10:40 AM	2:25 PM	Open Training	
								2:25 PM	2:50 PM	Event Warm Up	
								2:55 PM	2:58 PM	Synchro Introductions	
	7	35	45	40			45 min	3:00PM	3:45 PM	Women's 3m Synchro Final	Combined
	3	18								Men's 10m Synchro Final	
								3:50 PM	4:00 PM	Awards	
							4:05 PM	7:00 PM	Open Training		
POOL CLOSED AT 7:00 PM											

Friday, December 13								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
	30	150	30	75			1 hr 15 min	10:00 AM	11:15 AM	Women's 1m Prelim	
								11:20AM	12:15PM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
	30	180	30	90			1 hr 30 min	12:20 PM	1:50 PM	Men's 1m Prelim	
								1:52 PM	4:25 PM	Open Training	
								4:25 PM	4:50 PM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
								4:55 PM	4:58 PM	Women's 1m Final Introduction	
	8	40	40	27			27 min	5:00 PM	5:27 PM	Women's 1m Final	
								5:30 PM	5:55 PM	Event Warm Up	1m Closed to Competitors, 3m/PL Open
								5:57 PM	6:00 PM	Men's 1m Final Introduction	
8	48	40	32 min	1 min			30 min	6:05 PM	6:35 PM	Men's 1m Final	
								6:40 PM	6:45 PM	Women's + Men's 1m Awards	
POOL CLOSED AT 6:45 PM											
Saturday, December 14								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	3m Closed to Competitors, 1m Open
	33	198	35	116			1 hr 36 min	10:00 AM	11:40 PM	Men's 3m Prelim	
								11:45 PM	12:40 PM	Event Warm Up	PL Closed to Competitors, 1m/3m Open
	23	115	40	76.7			1 hr 17 min	12:45 PM	1:58 PM	Women's 10m Prelim	
								2:00 PM	4:25 PM	Open Training	
								4:25 PM	4:50 PM	Event Warm Up	3m Closed to Competitors, 1m/PL Open
								4:55 PM	4:58 PM	Men's 3m Final Introductions	
	12	72	40	48			50 min	5:00 PM	5:50 PM	Men's 3m Final	
								5:55 PM	6:00 PM	Men's 3m Awards	
								6:00 PM	6:25 PM	Event Warm Up	PL Closed to Competitors, 1m/3m Open
								6:30 PM	6:32 PM	Women's 10m Final Introductions	
12	60	40	40			40 min	6:35 PM	7:15 PM	Women's 10m Final		
								7:20 PM	7:25 PM	Women's 10m Awards	
POOL CLOSED AT 7:30 PM											
Sunday, December 15								7:00 AM	9:00 AM	Open Training	
								9:00 AM	9:55 AM	Event Warm Up	3m Closed to Competitors, 1m Open
	33	165	35	96			1 hr 37 min	10:00 AM	11:40 AM	Women's 3m Prelim	
								11:45 AM	12:35 PM	Event Warm Up	PL Closed to Competitors, 1m/3m Open
	23	138	40	92			1 hr 20 min	12:35 PM	1:55 PM	Men's 10m Prelim	
								1:58 PM	3:25 PM	Open Training	
								3:25 PM	3:50 PM	Event Warm Up	3m Closed to Competitors, 1m/PL Open
								3:55 PM	3:58 PM	Women's 3m Final Introductions	
	12	60	40	40			40 min	4:00 PM	4:40 PM	Women's 3m Final	
								4:45 PM	4:50 PM	Women's 3m Awards	
								4:50 PM	5:15 PM	Event Warm Up	PL Closed to Competitors, 1m/3m Open
								5:20 PM	5:22 PM	Men's 10m Final Introductions	
12	72	40	48			50 min	5:25 PM	6:15 PM	Men's 10m Final		
								6:20 PM	6:25 PM	Men's 10m Awards	
POOL CLOSED AT 6:30 PM											
All event times occur in the Eastern Time Zone.											
As of 2 December 2024											