

2022 USA DIVING REGION 8 CHAMPIONSHIPS

*ESTIMATED SCHEDULE - Updated May 6th

FRIDAY, 5/6	PLATFORM	
DAY 1 - EVENT 1	C & D Girls and A, B, C, & D Boys	
	Warmup - 3:00-3:30PM (30 Minutes) Competition - 3:30-5:23PM	
DAY 1 - EVENT 2	A & B Girls	
	Warmup - 5:25-6:10PM (45 Minutes) Competition - 6:10-8:17PM	
SATURDAY, 5/7	1-METER	3-METER
DAY 2 - EVENT 1	C & D Boys	C & D Girls
	Warmup - 8:30-9:15AM (45 Minutes) Competition - 9:15-10:50AM	Warmup - 8:30-9:15AM (45 Minutes) Competition - 9:15-10:21AM
DAY 2 - EVENT 2	B Girls	B Boys
	Warmup - 11:00AM-12:00PM (1 Hr.) Competition - 12:00-1:24PM	Warmup - 11:00AM-12:00PM (1 Hr.) Competition - 12:00-12:41PM
DAY 2 - EVENT 3	A Girls	A Boys
	Warmup - 1:30-2:50PM (80 Min.) Competition - 2:50-5:45PM	Warmup - 1:30-2:50PM (80 Min.) Competition - 2:50-5:46PM
SUNDAY, 5/8	1-METER	3-METER
DAY 3 - EVENT 1	C & D Girls	C & D Boys
	Warmup - 8:30-9:15AM (45 Minutes) Competition - 9:15-10:50AM	Warmup - 8:30-9:15AM (45 Minutes) Competition - 9:15-10:25AM
DAY 3 - EVENT 2	B Boys	B Girls
	Warmup - 10:50-11:50AM (1 Hr.) Competition - 11:50-12:44PM	Warmup - 10:50-11:50AM (1 Hr.) Competition - 11:50AM-12:58PM
DAY 3 - EVENT 3	A Boys	A Girls
	Warmup - 1:00-2:20PM (80 Min.) Competition - 2:20-6:00PM	Warmup - 1:00-2:20PM (80 Min.) Competition - 2:20-4:50PM

AGE GROUPS

A	16-18
B	14-15
C	12-13
D	11&Under

**Please note that these are time estimates. Each competitive event's warmup will begin immediately following the conclusion of the previous event. Please be prepared to arrive early in case we are running ahead of schedule, or begin late if we are running behind.*

