



Mission Viejo, California



Spectator Information Guide

Welcome to Mission Viejo and the 2023 USA Diving TYR Junior Nationals Championships. This is the first time this event has been held on the West Coast since 2010 and we are happy you are here. Please feel free to ask our staff questions, but we have tried to include information pertaining to all aspects of the competition in this resource guide.

A special thank you our sponsors and major donors:



Michael Ha

The Lemkin Family

The Lynch Family

The Maclean Family

Contact Information

USA Diving Event Director	Olivia Rosendahl	323.620.8067
MVN Event Director	Lauren Thiel-Lopez	480.298.0576
MVN Executive Director	Michele Mitchell	520.661.4937
Competition Manager	Teri Chamoures	949.290.8669
Volunteers		
Hospitality		
Awards Ceremony		
Technical Manager	Dan Badstubner	949.322.0182
Dive Sheets		
Scoring system		

The Venue

The Marguerite Aquatic Complex is located at 27474 Casta Del Sol, Mission Viejo, CA 92692.

The facility has four 1-meters, two 3-meters, 1,3,5,7.5, 10-meter platforms, sparger system, video replay, 3 dryland boards into a pit, 2 in-ground trampolines, and a bounce floor.

Platforms

- Platform training must have someone calling the height, for use.

Dryland and Sparger System

- The dryland boards will only be open during flighted workout times. Coaches must be present – at the side of dryland – for divers to use the dry boards.
- The floor will be open during all training times.
- The sparger system will not be available for use during the warmup or competition days.



Venue Operations for event



Key Dates

- Opening Ceremony – Saturday, July 22 - 6:15 pm at the MAC
- Picnic and Social – Saturday, July 22 – immediately following Opening Ceremony (TK Burger truck on site)
- Training Days/Times
 - Saturday, July 22 – all day (by flights)/Thursday, July 27 – morning (by flights)
- Post competition daily training
 - See detailed schedule for exact times.

Registration Information

All coach, athlete, staff, and officials' memberships must be renewed through the USA Diving Membership portal. To participate in an event, you must be "Current" and in good standing with USA Diving.

Credentials

Credentials will be required to move into the pool area as well as the hospitality area. Please be sure to wear your credentials daily.

Spectators Tickets

- All tickets, including the Alumni Package may be purchased at mvndiving.com/store
- The bleachers will be cleared each morning at 8:00 am to allow ticketed spectators to enter.
- The bleachers are not shaded.
- The smaller set of shaded bleachers are reserved for the elderly, physically challenged and families with small children and babies.

2023 USA DIVING TYR JUNIOR NATIONAL CHAMPIONSHIPS - SPECTATOR TICKETS

Daily	\$15.00 - Daily All Day	\$10.00 - Daily All Day: Senior (65+)/Military/Child under 12 (under 5 free)
4-day Session (July 23-26)	\$50.00 - 4 Day Session All Day	\$35.00 - 4 Day Session All Day: Senior (65+)/Military/Child under 12 (under 5 free)
6-day Session (July 27-August 1)	\$80.00 – 6 Day Session All Day	\$55.00 - 6 Day Session All Day: Senior (65+)/Military/Child under 12 (under 5 free)
All-Session (July 23-August 1)	\$130.00 - ALL Sessions	\$90.00 - All Sessions: Senior (65+)/Military/Child under 12 (under 5 free)
Premium Seating on the pool deck	\$150.00 per day - Limited to 25 people/day (DAILY ONLY) Includes shade/chair seating/free light refreshments/drinks	
Alumni Package for July 29 2:00-5:00pm	<u>Alumni ticket package for two (2) people</u> Pre-purchase: \$90.00 Day of event: \$100.00 2 all-day tickets on July 29 <ul style="list-style-type: none"> • Events: 14-15 G3m, 14-15BPF, 16-18 G3m, 16-18 BPF, BPFsync, G3mSync • 2 tickets to reception at tennis pavilion • 2 beverage tickets (Sangria/Beer/Wine + non-alcohol) • Light food • Reserved seating in the bleachers 	<u>Alumni ticket package for one (1) person</u> Pre-purchase: \$45.00 Day of event: \$50.00 1 all-day ticket on July 29 <ul style="list-style-type: none"> • Events: 14-15 G3m, 14-15BPF, 16-18 G3m, 16-18 BPF, BPFsync, G3mSync • 1 ticket to reception at tennis pavilion • 1 beverage ticket (Sangria/Beer/Wine + non-alcohol) • Light food • Reserved seating in the bleachers
Alumni Reception only	\$35 - includes light food and 1 beverage ticket (Sangria/Beer/Wine non-alcohol)	Additional beverage tickets: \$5.00 each

Premium Seating

- Daily premium seating is available – limited shaded, on deck chair seating complete with refreshments, for each day’s session. Must be purchased by the day and good only for the day of purchase. Must be purchased on-site. Non-transferable.

Parking

- Parking is free at the Marguerite Aquatic Complex and along Marguerite Parkway
- Be sure to park in designated areas and not to park in any reserved spot.
- Observe the directions of parking attendants and parking security.

Restrooms/Locker Rooms

- Athlete only locker rooms are available just off the pool deck.
- Spectator restrooms will be located outside in the circle and at Swim School.

First Aid/Athletic Trainers

- Trainers will be available for the athletes in the medical tent.
- The facility is also equipped with AED and Narcan.

Snack Bar and other food services, on site

- Smooth Operators – a professional caterer – will be on site most of every day for cold and hot, made-to-order healthy meals, along with snacks and drinks of all kinds.
- Other food vendors will also be available for service (see on site vendors).
- Terrace on the Green restaurant at Oso Creek Golf Course is just across the street as well.
 - Breakfast, lunch, dinner, and bar overlooking the golf course
 - Free parking or walk 5 minutes

Bleacher Seat Rentals

Daily rental of bleacher seats is available on site at the ticket booth.

Equipment to bring.

- Mission Viejo provides Gatorade and water to athletes, spectators, and coaches. In accordance with city policies, cups are not provided.
- Please bring a personal water bottle
- Drinks will be for sale around the facility
- Hats/Sunscreen.



Social Media COMPETITION for athletes

We are looking for the coolest social media post! There will be one prize for the best TikTok video and another prize for the best Instagram post (can be picture or reel). Make content alone or with your diving friends, use the hashtag **#MissionJrNationals** and post it on TikTok or Instagram. The posts with the most likes as of August 1 at 7:00 pm will **win a pair of TYR sunglasses**.

Remember to use the hashtag **#MissionJrNationals** so we can find your posts.



Share your photos with USA Diving

We'd love to see your photos! Share your snaps or video from this event and USA Diving may post them on their website or social media.

WiFi

The facility has strong public WiFi

Live Stream

Livestream of the competition will broadcast at **rth.tv**.

Keep your parking spot and relax, while watching a livestream across the street at the Oso Creek Golf Course!



 Terrace on the Green
and
Garden + Grille

OSO CREEK
GOLF COURSE

Open for Breakfast, Lunch, Sunset and Dinner

Just a short walk across the street

	<u>Terrace on the Green</u> Full service restaurant	<u>Garden + Grille</u> Outdoor eatery featuring gourmet links
Breakfast	8-11 am	
Lunch	11 am - 3 pm	Open every day 10 am - 5 pm
Sunset	3-8 pm, Mon-Wed	
Dinner	4:30-9 pm, Thu-Sat	

Walk-ins welcome. For reservations or to go orders, call 949-470-4995

 Terrace on the Green
SEASONALLY INSPIRED CUISINE

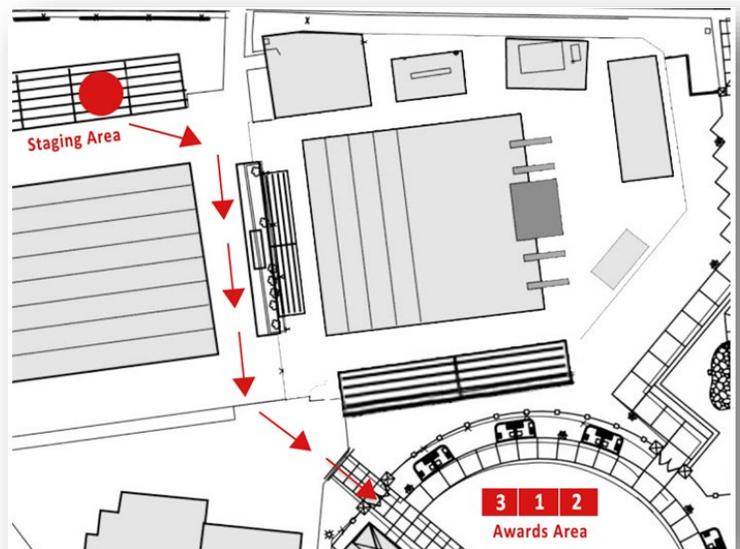
 Garden + Grille

Opening Ceremony

- When: **Saturday, July 22 beginning at 6:45 pm**
- Athlete Arrival: **6:15 pm** – line up in the swimming grandstands and receive team placard.
- Ceremony: March in and presentation of teams
National Anthem, Speeches, Entertainment, March Out
- Seating: The event is free to spectators
Grandstand seating will be first come-first seated
- Social: 7:15 – 8:15 pm
Immediately following opening ceremonies is an athlete/parent social in the grass area in front of the pool. Yard games, photo booths, and food trucks!
- Meals: Food truck on site from 5:00 – 7:30 pm

Awards Ceremony Protocols

- Awards will be presented immediately following each event.
- Awards will be presented by the winner's coach or designee, along with a sponsor presenter.
- Athletes should wear a suit & sweats, or a suit & shirt on the awards stand. Please no towels on the awards stand.
- Athletes must report to the swim bleachers for awards line up. All finalists will parade to the awards area for presentation of medals.
- There is a booth area for photos just off the awards area in the grass.



Expectations of Spectators, Coaches, and all Adults

The Mission Viejo Nadadores promote good sportsmanship by athletes, coaches, parents, and fans. We request your cooperation in supporting the athletes and officials in a positive manner. Profanity, derogatory comments, or other intimidating actions directed toward athletes, officials, team representatives or other fans, will not be tolerated and are grounds for removal from the venue. We appreciate your cooperation in creating a safe and positive competitive environment.

RESPECT, IT'S THE NAME OF THE GAME.

On Site Vendors

Smooth Operators – prepared to order breakfast, lunch, and snacks.

Alohana Acai Bowls	Handel's Ice Cream
Tri-Swim	SloMo Video
Fine Designs	Dippin Dots
Cotton Candy	Snow Cones

Feriagrafix photography
 OC Supervisors, Don Wagner's office
 John Wayne Foundation (July 31) (sunscreen protection education)

Official Meet Photographer
Feriagrafix Inc

Hire us to photograph your athlete

**JO Dive Nationals 2023
Photo Special**

10% off your Digital Photo Upload Order

*order must be placed prior to competing

Reserve early by emailing studio@feriagrafix.com

Digital Photo Upload

11U	\$60 per board
12/13	\$70 per board
14/15	\$80 per board
16/18	\$85 per board

High-Res, unedited, printable
25+ Images per apparatus

Add a Photo Art-Montage to your Digital Photo Upload order

8x10	3 Images	\$90
11x14	3 Images	\$110
11x14	5-7 images	\$150
16x20	7-9 images	\$175

First place your Digital Photo Upload order then "add-on" the Photo-Art Montage at any time



Feriagrafix
 ferigrifix.com
 studio@feriagrafix.com 858.880.7159

We are

Join us!

GET TOGETHER WITH DIVING ALUMNI DURING THE JR. NATIONALS

SATURDAY, JULY 29, 2023
2:00-5:00 PM

See link in "Tickets & More" tab at mvndiving.com

MARGUERITE TENNIS PAVILION
(next door to Marguerite Aquatics Complex)

Contact Alumni Coordinator
Teri Chamoures
for more information
alumni@mvnadadores.org



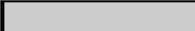
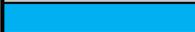
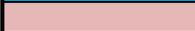
Schedule for Training

Group 1- Zone A & Zone F

Group 2- Zone B & Zone E

Group 3- Zone C & Zone D

Day 0 - July 22	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1 C/D Only				1h 15	8:00AM	9:15AM	All
Group 2 C/D Only				1h 15	9:15AM	10:30AM	All
Group 3 C/D Only				1h 15	10:30AM	11:45AM	All
A & B Only				1h 15	11:45AM	1:00PM	All
Coaches Meeting					1:00PM	1:30PM	
Group 1 C/D Only				1h 15	1:30PM	2:45PM	All
Group 2 C/D Only				1h 15	2:45PM	4:00PM	All
Group 3 C/D Only				1h 15	4:00PM	5:15PM	All
A & B Only				1h 15	5:15PM	6:30PM	All
Pool Closed							

-  = auxillary boards (open at all times an event is not being contested)
-  = concrete boards
-  = platform
-  = training

Schedule of Competition Events

SUNDAY, JULY 23

Day 1 - July 23	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
D Girls 3m				55 min	8:00 AM	8:55 AM	
D Boys Plat				55 min	8:00 AM	8:55 AM	
C Boys 1m				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55AM	9:00AM	NONE
D Girls 3m Prelims	21/21	6	63	1h 5			
D Boys Plat Prelims	21	5	63	1h 5	9:00 AM	10:30 AM	
C Boys 1m Prelims	21/21	8	84	1h 25			
Group Training							
Group 2				1h 15	10:30 AM	11:45 AM	All
Group 3				1h 15	11:45 AM	1:00 PM	All
Group 1				1h 15	1:00 PM	2:15 PM	All
Event Warm Up				40 min	2:15 PM	2:55 PM	
D Girls 3m Semi-Final	24	6	72	1h 15			
D Boys Plat Semi-Final	24	5	72	1h 15	3:00 PM	4:35 PM	
C Boys 1m Semi-Final	24	8	96	1h 36			
Introductions/Event Warm Up				25 min	4:35 PM	5:00 PM	NONE
D Girls 3m Final	12	3	18	20 min			
D Boys Plat Final	12	2	14	20 min	5:05 PM	5:30 PM	
C Boys 1m Final	12	3	18	20 min			
Awards					Awards	Awards	
Open				1h 30	5:30 PM	7:00 PM	All
Pool Closed							

MONDAY, JULY 24

Day 2 - July 24	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 3				30 min	6:30 AM	7:00 AM	All
Group 1				30 min	7:00 AM	7:30 AM	All
Group 2				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
D Boys 3m				55 min	8:00 AM	8:55 AM	
D Girls Plat				55 min	8:00 AM	8:55 AM	
C Girls 1m				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55AM	9:00AM	NONE
D Boys 3m Prelims	21/21	6	63	1h 6			
D Girls Plat Prelims	24	5	72	1h 5	9:00 AM	10:30 AM	
C Girls 1m Prelims	21/21	8	84	1h 25			
Group Training							
Group 3				1h 15	10:30 AM	11:45 AM	All
Group 1				1h 15	11:45 AM	1:00 PM	All
Group 2				1h 15	1:00 PM	2:15 PM	All
Event Warm Up				40 min	2:15 PM	2:55 PM	
D Boys 3m Semi-Final	24	6	72	1h 15			
D Girls Plat Semi-Final	24	5	72	1h 15	3:00 PM	4:35 PM	
C Girls 1m Semi-Final	24	8	96	1h 36			
Introductions/Event Warm Up				25 min	4:35 PM	5:00 PM	NONE
D Boys 3m Final	12	3	18	20 min			
D Girls Plat Final	12	2	14	20 min	5:05 PM	5:30 PM	
C Girls 1m Final	12	3	18	20 min			
Awards					Awards	Awards	
Open				1h 30	5:30 PM	7:00 PM	All
Pool Closed							

TUESDAY, JULY 25

Day 3 - July 25	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1				30 min	6:30 AM	7:00 AM	All
Group 2				30 min	7:00 AM	7:30 AM	All
Group 3				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
C Girls Plat				55 min	8:00 AM	8:55 AM	
C Boys 3M				55 min	8:00 AM	8:55 AM	
D Boys 1m				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55AM	9:00AM	NONE
C Girls Plat Prelims	24	6	86	1h 45			
C Boys 3M Prelims	21/21	8	84	1h 25	9:00 AM	10:45 AM	
D Boys 1m Prelims	21/21	6	63	1h 5			
Group Training							
Group 1				1h 15	10:45 AM	12:00 PM	All
Group 2				1h 15	12:00 PM	1:15 PM	All
Group 3				1h 15	1:15 PM	2:30 PM	All
Event Warm Up				40 min	2:30 PM	3:10 PM	
C Girls Plat Semi-Final	24	6	86	1h 30			
C Boys 3M Semi-Final	24	8	96	1h 35	3:15 PM	4:50 PM	
D Boys 1m Semi-Final	24	6	72	1h 12			
Introductions/Event Warm Up				25 min	4:50 AM	5:15 PM	NONE
C Girls Plat Final	12	2	14	20 min			
C Boys 3m Final	12	3	18	20 min	5:15 PM	5:35 PM	
D Boys 1m Final	12	3	18	20 min			
Awards					Awards	Awards	
Open				1h 30	5:35 PM	7:05 PM	All
Pool Closed							

WEDNESDAY, JULY 26

Day 4 - July 26	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
C Boys Plat				55 min	8:00 AM	8:55 AM	
C Girls 3m				55 min	8:00 AM	8:55 AM	
D Girls 1m				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	9:00 AM	NONE
C Boys Plat Prelims	21	7	88	1h 5			
C Girls 3M Prelims	21/21	8	84	1h 25	9:00 AM	10:30 AM	
D Girls 1m Prelims	21/21	6	63	1h 25			
Group Training							
Group 2				1h 15	10:30 AM	11:45 AM	All
Group 3				1h 15	11:45 AM	1:00 PM	All
Group 1				1h 15	1:00 PM	2:15 PM	All
Event Warm Up				40 min	2:15 PM	2:55 PM	
C Boys Plat Semi-Final	24	7	101	1h 45			
C Girls 3m Semi-Final	24	8	96	50 min	3:00 PM	4:45 PM	
D Girls 1m Semi-Final	24	6	72	1h 12			
Introductions/Event Warm Up				25 min	4:45 PM	5:10 PM	NONE
C Boys Plat Final	12	3	22	20 min			
C Girls 3m Final	12	3	18	20 min	5:10 PM	5:30 PM	
D Girls 1m Final	12	3	18	20 min			
Awards					Awards	Awards	
Open				1h 30	5:30 PM	7:00 PM	All
Pool Closed							

THURSDAY, JULY 27

Day 5 - July 27	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Open	*days evnts only						
Group 3				1h 30	6:30 AM	7:30 AM	All
Group 1				1h 30	9:00 AM	10:30 AM	All
Group 2				1h 30	10:30 AM	12:00 PM	All
Event Warm Up							
A Girls 1m				55 min	12:00 PM	12:55 PM	
B Boys 3m				55 min	12:00 PM	12:55 PM	
Open				55 min	12:00 PM	12:55 PM	
National Anthem				5 min	12:55 PM	1:00 PM	NONE
A Girls 1m Prelims	22/22	10	110	1h 50	1:00 PM	2:50 PM	
B Boys 3m Prelims	21/21	9	95	1h 35			
Event Warm Up				55 min	2:50 PM	3:45 PM	
B Girls Plat Prelims	24	7	101	1h 51	3:50 PM	5:50 PM	
A Boys 1m Prelims	21/21	11	116	1h 56			
Training							
Open				1h 40	5:50 PM	7:30 PM	All
Pool Closed							

FRIDAY, JULY 28

Day 6 - July 28	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1				30 min	6:30 AM	7:00 AM	All
Group 2				30 min	7:00 AM	7:30 AM	All
Group 3				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
A Boys 3m				55 min	8:00 AM	8:55 AM	
B Girls 1m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	9:00 AM	NONE
A Boys 3m Prelims	21/21	11	116	1h 56	9:00 AM	11:00AM	
B Girls 1m Prelims	21/21	9	95	1h 35			
Event Warm Up				55 min	11:00AM	11:55AM	
B Boys 1m Prelims	21/21	9	95	1h 35	12:00PM	2:10PM	
A Girls Plat Prelims	24	9	130	2h 10			
Group Training							
Group 1				1h 15	2:10 PM	3:25 PM	All
Group 2				1h 15	3:25 PM	4:40 PM	All
Group 3				1h 15	4:40 PM	5:55 PM	All
Event Warm Up				55 min	5:55 PM	6:50 PM	
A/B Synchro GPI				1h	6:50 PM	7:50 PM	
A/B Synchro B3m							
Pool Closed							

SATURDAY, JULY 29

Day 7 - July 29	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
B Boys Plat				55 min	8:00 AM	8:55 AM	
B Girls 3m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	9:00 AM	NONE
B Girls 3m Prelims	21/21	9	95	1h 35	9:00 AM	10:35 AM	
B Boys Plat Prelims	18	8	86	1h 25			
Event Warm Up				55 min	10:35 AM	11:30 PM	
A Girls 3m Prelims	21/21	10	105	1h 45	11:35 AM	2:10 PM	
A Boys Plat Prelims	24	10	144	2h 32			
Group Training							
Group 2				1h 15	2:10 PM	3:25 PM	All
Group 3				1h 15	3:25 PM	4:40 PM	All
Group 1				1h 15	4:40 PM	5:55 PM	All
Event Warm Up				55 min	5:55 PM	6:50 PM	
A/B Synchro BPI							
A/B Synchro G3m				1h	6:50 PM	7:50 PM	
Pool Closed							

SUNDAY, JULY 30

Day 8 - July 30	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 3				30 min	6:30 AM	7:00 AM	All
Group 1				30 min	7:00 AM	7:30 AM	All
Group 2				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
B Boys 3m				55 min	8:00 AM	8:55 AM	
A Girls 1m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem					8:55 AM	9:00 AM	NONE
B Boys 3m Semi-Final	15/15	9	68	1h 10	9:00AM	10:30 AM	
A Girls 1m Semi-Final	18/18	10	90	1h 30			
Event Warm Up				55 min	10:30 AM	11:25 PM	
A Boys 1m Semi-Final	18/18	11	99	1h 40	11:30 AM	1:35 PM	
B Girls Plat Semi-Final	28	7	118	2h			
Introductions/Event Warm Up				40 min	1:35 AM	2:15 PM	
B Boys 3m Final	12	4	24	25 min	2:20 PM	2:50 PM	
A Girls 1m Final	12	5	30	30 min			
Introductions/Event Warm Up/Awards				40 min	2:50 PM	3:30 PM	
A Boys 1m Final	12	6	36	40 min	3:35 PM	4:15 PM	
B Girls Plat Final	12	3	22	25 min			
Awards					Awards	Awards	
Open				2 h	4:15 PM	6:15 PM	All
Pool Closed							

MONDAY, JULY 31

Day 9 - July 31	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 1				30 min	6:30 AM	7:00 AM	All
Group 2				30 min	7:00 AM	7:30 AM	All
Group 3				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
B Boys 1m				55 min	8:00 AM	8:55 AM	
A Boys 3m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	9:00 AM	NONE
B Boys 1m Semi-Final	15/15	9	68	1h 10	9:00AM	10:40AM	
A Boys 3m Semi-Final	18/18	11	99	1h 40			
Event Warm Up				55 min	10:40AM	11:35AM	
B Girls 1m Semi-Final	15/15	9	68	1h 10	11:40AM	2:40 PM	
A Girls Plat Semi-Final	33	9	178	3h			
Introductions/Event Warm Up				40 min	2:40 PM	3:20 PM	
B Boys 1m Final	12	4	24	25 min	3:25 PM	4:05 PM	
A Boys 3m Final	12	6	36	40 min			
Introductions/Event Warm Up/Awards				40 min	4:05 PM	4:45 PM	
B Girls 1m Final	12	4	24	25 min	4:45 PM	5:25 PM	
A Girls Plat Final	12	5	40	40 min			
Awards					Awards	Awards	
Open				2h	5:25 PM	7:25 PM	All
Pool Closed							

TUESDAY, AUGUST 1

Day 10 - August 1	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Group 2				30 min	6:30 AM	7:00 AM	All
Group 3				30 min	7:00 AM	7:30 AM	All
Group 1				30 min	7:30 AM	8:00 AM	All
Event Warm Up							
B Boys Plat				55 min	8:00 AM	8:55 AM	
B Girls 3m				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	9:00 AM	NONE
B Boys Plat Semi-Final	26	8	125	2 h 5	9:00 AM	11:05 AM	
B Girls 3m Semi-Final	15/15	9	68	1h 10			
Event Warm Up				55 min	11:05 AM	12:00 PM	
A Girls 3m Semi-Final	18/18	10	90	1h 25	12:05 PM	3:05 PM	
A Boys Plat Semi-Final	30	10	180	3h			
Introductions/Event Warm UP				40 min	3:05PM	3:45 PM	
B Boys Plat Final	12	4	30	30 min	3:50 PM	4:20 PM	
B Girls 3m Final	12	4	24	25 min			
Introductions/Event Warm Up/Awards				40 min	4:20 PM	5:00 PM	
A Girls 3m Final	12	5	30	30 min	5:05 PM	5:50 PM	
A Boys Plat Final	12	6	43	45 min			
Awards					Awards	Awards	
Pool Closed							

City of Mission Viejo

General Information

Mission Viejo City Hall

200 Civic Center, Mission Viejo
(949) 470-3000

Mission Viejo Police Services

200 Civic Center, Mission Viejo
(949) 770-6011

Mission Viejo Library

100 Civic Center, Mission Viejo
(949) 830-7100

Post Office

28081 Marguerite Parkway, Mission Viejo
(800) 275-8777

Local Grocery Stores

Ralphs

2105 Marguerite Parkway, Mission Viejo
(949) 830-3066

Pavilion's

Marguerite Parkway, Mission Viejo
(949) 582-0672

Smart and Final

26911 Trabuco Road, Mission Viejo
(949) 581-1212

Lodging

Ayres Hotel and Spa Mission Viejo

28951 Los Alisos Boulevard
Mission Viejo, CA 92692 (949)
305-7200

Hampton Inn and Suites Mission Viejo

28682 Marguerite Parkway
Mission Viejo, CA 92692
(949) 429-5222

Fairfield Inn by Marriott Mission Viejo

26328 Oso Parkway
Mission Viejo, CA 92691
(949) 582-7100

Hampton Inn – Lake Forest

27102 Towne Centre Drive
Foothill Ranch, CA 92610
(949) 597-8700

Trader Joe's

25410 Marguerite Parkway, Mission Viejo
(949) 581-5638

Albertsons

Alicia Parkway, Mission Viejo
(949) 583-7337

Residence Inn, by Marriott

Irvine

10 Morgan
Irvine, CA 92618
(949) 380-3000

Courtyard Laguna Hills

23175 Avenida De La
Carlota
Laguna Hills, CA 92653
(949) 859-5500

The Hills Hotel, An Ascend

Collection Member

25205 La Paz Road
Laguna Hills, CA 92653

Dining

Restaurants located near the Aquatics Complex

Terrace on the Green

American fare on a beautiful golf course

27601 Casta Del Sol, Mission Viejo

Delizie Ristorante & Bar

Italian

25380 Marguerite Parkway #D, Mission Viejo

Piccolino

Pasta, Pizza

28719 Los Alisos Blvd., Mission Viejo

Raising Cane's

Chicken fingers

26980 Crown Valley Parkway, Mission Viejo

Hanna's

Prime Steak House

22195 El Paseo #110, Rancho Santa Margarita

California Pizza Kitchen at Mission Viejo

Pizza, pasta and salads

25513 Marguerite Parkway, Mission Viejo

Hot of the Grill

Breakfast, Burgers, Sandwiches, Tacos

25252 La Paz Road, Laguna Hills

Surfin Souvlaki

Mediterranean

28171 Marguerite Parkway, Mission Viejo

High Park Tap House

American fare and bar

23641 Via Linda, Mission Viejo

Albertaco's

Mexican

28171 Marguerite Pkwy # 26

Ball Park

Pizza

28813 Los Alisos Blvd., Mission Viejo

Stacks Pancake House

Specialty pancakes, plus burgers and lunch

27680 Marguerite Parkway, Mission Viejo

Bagels & Brew

Breakfast and sandwiches

23052 Alicia Pkwy A, Mission Viejo, CA 92692

Pieology

Pizza

713 Spectrum Center Drive, Irvine (Spectrum)

Tikka Wraps & Curry Bowls

Indian

25380 Marguerite Parkway, Unit F, Mission Viejo

Chick-Fil-A Foothill Ranch

Fast food chicken

26792 Portola Pkwy, Foothill Ranch

Panera Bread

Bakery/cafe serving sandwiches, salads & more

25523 Marguerite Parkway, Mission Viejo

Eat Thai Cuisine

Thai food

25482 Marguerite Parkway, #102, Mission Viejo

The Empanada Maker

Latin American

26131 La Paz Rd., #83, Mission Viejo

Chipotle

Burritos, tacos and bowls

25523 Marguerite Parkway, Mission Viejo

Skimmer's Panini Grill

Sandwiches and salads

25290 Marguerite Parkway, Unit E, Mission Viejo

Panda Express

Fast food Chinese cuisine

25276 Marguerite Parkway, Mission Viejo

Entertainment

Bowling

Saddleback Lanes

25402 Marguerite Parkway
Mission Viejo
(949) 586-5300

Theaters

Edwards Kaleidoscope 10

27741 Crown Valley Parkway
Mission Viejo

Cinopolis Luxury Cinemas

30632 Santa Margarita Parkway
Rancho Santa Margarita

Shopping

The Shops at Mission Viejo

555 The Shops at Mission Viejo
Mission Viejo

Kaleidoscope Courtyard

27741 Crown Valley Parkway
Mission Viejo

Irvine Spectrum Center

670 Spectrum Center Drive
Irvine

Outlets at San Clemente

101 W. Avenida Vista Hermosa
San Clemente

Places of Worship

Mariners Church

26862 Crown Valley Parkway
Mission Viejo
(949) 308-7910

Saddleback Church

1 Saddleback Parkway
Lake Forest
(949) 609-8000

Mission Hills Church

24196 Alicia Pkwy
Mission Viejo
(949) 586-4510

Compass Bible Church

150 Columbia
Aliso Viejo
(949) 540-0699

Presbyterian Church of the Master

26051 Marguerite Pkwy
Mission Viejo
(949) 582-2670

St. Kilian Catholic Church

26872 Estanciero Drive,
Mission Viejo
(949) 586-4440

Chabad Jewish Center Mission Viejo

24041 Marguerite Parkway,
Mission Viejo
(949) 770-1270

Hospitals and Urgent Care

St. Joseph's Mission Hospital

24 Hour Emergency Room

27700 Medical Center Rd, Mission Viejo
(949) 364-1400

Saddleback Memorial Medical Center (hospital)

24 Hour Emergency Room

24451 Health Center Drive, Laguna Hills
(949) 837-4500

Marque Urgent Care

7 AM – 8 PM, 7 days/week

25482 Marguerite Pkwy #101, Mission Viejo
(877) 693-6266

Southland Family and Urgent Care

8 AM – 6 PM, 7 days/week

27660 Santa Margarita Pkwy, Mission Viejo
(949) 951-7111

Clineva Urgent Care Center

8 AM – 8 PM, 7 days/week

29100 Portola Pkwy B, Lake Forest
(844) 254-6382

Airports and Transportation

John Wayne/Orange County Airport (SNA)

18601 Airport Way, Santa Ana

Long Beach Airport (LGB)

4100 Donald Douglas Drive, Long Beach

Los Angeles International Airport (LAX)

1 World Way, Los Angeles

Ontario Airport (ONT)

2900 East Airport Drive, Ontario

Airlines

Delta 800-221-1212

Alaska 800-426-033

Jet Blue 800-538-2583

United 800-241-6522

American Airlines 800-433-7300

Frontier 800-432-1359

Southwest 800-435-9792

Rental Car Companies

Hertz 800-654-3131

Enterprise 800-261-7331

National 877-222-9058

Budget 800-218-7992

Avis 800-633-3469

Alamo 888-826-6893

Thrifty 877-283-0898

Other Transportation

Mission Viejo Yellow Cab - 949-800-5699

Super Shuttle - <https://booking.supershuttle.com>

Lyft - <https://www.lyft.com/>

Uber - <https://www.uber.com/>

Explore

Laguna Beach – Artist colony meets seaside village. Known for its art, eclectic shops and hip restaurants. Must see summer to-dos are Pageant of the Masters and The Sawdust Festival.

Dana Point Harbor – Dana Point Harbor is known as the “Whale Capital of the West.” The harbor offers specialty shopping, fishing and whale watching excursions, kayaking, transportation to Catalina Island, and a variety of restaurants from coffee shops to fine waterfront dining.

San Clemente – The “Spanish Village by the Sea” offers many excellent shops and restaurants (along Del Mar Street and Pacific Coast Highway). Walk out the San Clemente Pier for great views of the shoreline and surfers enjoying the waves.