

# 2025 Ron O'Brien JO Invitational

March 28th-30th, 2025

Marguerite Aquatic Center

27474 Casta Del Sol Mission Viejo, CA 92692

**Registration** ([www.divemeets.com](http://www.divemeets.com))

**Cost:** \$45 per event

**Deadline:** Monday, March 24th by 10pm (PST)

**Late Fee:** \$40 per event, Monday, March 24th after 10pm up until 3 hours prior to the event start

**Sanction:** USA Diving; JO/Open events only

## **Spectator Information**

**Tickets:** \$8/day per person or \$20 All-session pass

**Purchasing:** Cash/Card at gate, online presale through [divemeets.com](http://divemeets.com)

## **Lodging**

The AYRES hotel will be offering discounted rates for lodging for the competition weekend. Mention the NADADORES at booking to receive the discount.

**Ayres Hotel & Spa** 28951 Los Alisos Blvd, Mission Viejo, CA 92692

**Reservations:** 855-797-6733 **Hotel:** 949-305-7200

## **Training**

**Flight Groups-** We will be assigning 3 flight groups for training after registration closes; these assignments will be emailed on Tuesday, March 25th once we have our final timeline and registration numbers

**Thursday, March 27th-** Open Warmups 4-8pm

**Friday, March 28th-** Flighted Practices 9am-12pm (1 hour ea flight); Springboards will be open to everyone for training during all 3 platform event warmups

**Saturday, March 29th-** Flighted practice 6:40am-8:10am (30 minutes ea flight); Open practice 90 minutes after last event

**Sunday, March 30th-** Flighted practice 6:40am-8:10am (30 minutes ea flight)  
45 minute warmups between events (25 minutes prior to synchro events)

## **Event Schedule**

\*Events will be split and boards assigned as necessary depending on the number of registered divers in each event

\*Board assignments will be posted on Thursday afternoon at the pool

<b>2025 Ron O'Brien JO Invitational</b>			
<b>March 28th-30th, 2025</b>			
<b>Marguerite Aquatics Complex</b>			
<b>Friday, March 28th, 2025</b>			
<b>Pool Opens 8:30am</b>			
<b>Flight Group A 9am-10am</b>			
<b>Flight Group B 10am-11am</b>			
<b>Flight Group C 11am-12pm</b>			
<b>Event 1 Warmup 12:10-12:55pm</b>			
<b>Springboards will remain open during Event 1,2, &amp; 3 warmups</b>			
<b>Event 1 start 1pm</b>			
<b>1M</b>	<b>PL</b>	<b>3M</b>	
	<b>16-18 Girls</b>		
	<b>16-18 Boys</b>		
<b>45 Minute warmup between events</b>			
<b>Event 2</b>			
<b>1M</b>	<b>PL</b>	<b>3M</b>	
	<b>12-13 Girls</b>		
	<b>12-13 Boys</b>		
	<b>Senior Men</b>		
	<b>Senior Women</b>		
<b>45 Minute warmup between events</b>			
<b>Event 3</b>			
<b>1M</b>	<b>PL</b>	<b>3M</b>	
	<b>14-15 Girls</b>		
	<b>14-15 Boys</b>		
<b>Saturday, March 29th, 2024</b>			
<b>Pool Opens 6am</b>			
<b>Flight Group B 6:40-7:10am</b>			
<b>Flight Group C 7:10am-7:40am</b>			
<b>Flight Group A 7:40-8:10am</b>			
<b>Event 4 Warmup 8:10am-8:55am</b>			
<b>Event 4 Start 9am</b>			
<b>Split- Assigned Boards</b>		<b>Combined Event</b>	
<b>1M</b>	<b>PL</b>	<b>3M</b>	
<b>12-13 Girls</b>	<b>11 &amp; Under Girls</b>	<b>12-13 Boys</b>	<b>Senior Men</b>
	<b>11 &amp; Under Boys</b>		<b>Senior Women</b>
<b>45 Minute warmup between events</b>			
<b>Event 5</b>			
<b>Split- Assigned Boards</b>		<b>Split- Assigned Boards</b>	
<b>1M</b>		<b>3M</b>	
<b>14-15 Boys</b>		<b>16-18 Girls</b>	
<b>16-18 Boys</b>			
<b>45 minute warmup between events</b>			
<b>Event 6</b>			
<b>Split- Assigned Boards</b>		<b>Split- Assigned Boards</b>	
<b>1M</b>		<b>3M</b>	
<b>9 &amp; Under Girls</b>		<b>14-15 Girls</b>	
<b>11 &amp; Under Girls</b>			
<b>25 minute warmup before Synchro Event</b>			
<b>Event 7</b>			
<b>1M</b>	<b>PL</b>	<b>3M</b>	
<b>13 &amp; Under Mixed Synchro</b>	<b>14-18 Boys Synchro</b>	<b>14-18 Girls Synchro</b>	
	<b>Senior Men Synchro</b>	<b>Senior Women Synchro</b>	
<b>Pool open for 90 minutes at the conclusion of events</b>			

<b>Sunday, March 30th, 2025</b>				
<b>Pool Opens 6am</b>				
<b>Flight Group C 6:40-7:10am</b>				
<b>Flight Group A 7:10am-7:40am</b>				
<b>Flight Group B 7:40-8:10am</b>				
<b>Event 8 Warmup 8:10am-8:55am</b>				
<b>Event 8 Start 9am</b>				
<b>Combined</b>			<b>Split- Assigned Boards</b>	
<b>1M</b>			<b>3M</b>	
<b>9 &amp; Under Boys</b>	<b>12-13 Boys</b>		<b>12-13 Girls</b>	
<b>11 &amp; Under Boys</b>	<b>Senior Men</b>			
	<b>Senior Women</b>			
<b>45 minute warmup between events</b>				
<b>Event 9</b>				
<b>Split- Assigned Boards</b>			<b>Split- Assigned Boards</b>	
<b>1M</b>			<b>3M</b>	
<b>16-18 Girls</b>			<b>14-15 Boys</b>	<b>16-18 Boys</b>
<b>45 minute warmup between events</b>				
<b>Event 10</b>				
<b>Split- Assigned Boards</b>			<b>Combined</b>	
<b>1M</b>			<b>3M</b>	
<b>14-15 Girls</b>			<b>9 &amp; Under Boys</b>	<b>9 &amp; Under Girls</b>
			<b>11 &amp; Under Boys</b>	<b>11 &amp; Under Girls</b>
<b>25 minute warmup before Synchro Event</b>				
<b>Event 11</b>				
<b>1M</b>		<b>PL</b>	<b>3M</b>	
		<b>14-18 Girls Synchro</b>	<b>13 &amp; Under Mixed Synchro</b>	
		<b>Senior Women Synchro</b>	<b>14-18 Boys Synchro</b>	<b>Senior Men Synchro</b>