

2025 USA Diving Junior Nationals - Daily Event Schedule

Date	Expected Start Time	Event
Day 0 July 24th Training Day	8:00AM	Group 1 C/D Only
	9:15AM	Group 2 C/D Only
	10:30AM	Group 3 C/D Only
	11:45AM	A & B Only
	1:00PM	Coaches Meeting
	2:00PM	Group 1 C/D Only
	3:15PM	Group 2 C/D Only
	4:30PM	Group 3 C/D Only
	5:45PM	A & B Only
Day 1 July 25th	9:00 AM	D Girls 3m Prelims / D Boys Plat Prelims / C Boys 1m Prelims (Simultaneous)
	3:15 PM	D Girls 3m Semi-Final / D Boys Plat Semi-Final / C Boys 1m Semi-Final (Simultaneous)
	5:30 PM	D Girls 3m Final / D Boys Plat Final / C Boys 1m Final (Simultaneous)
Day 2 July 26th	9:00 AM	D Boys 3m Prelims / D Girls Plat Prelims / C Girls 1M Prelims (Simultaneous)
	3:15 PM	D Boys 3m Semi-Final / D Girls Plat Semi-Final / C Girls 1m Semi-Final (Simultaneous)
	5:20 PM	D Boys 3m Final / D Girls Plat Final / C Girls 1m Final (Simultaneous)
	6:00 PM	Opening Ceremonies
Day 3 July 27th	9:00 AM	C Girls Plat Prelims / C Boys 3m Prelims / D Boys 1m Prelims (Simultaneous)
	3:30 PM	C Girls Plat Semi-Final / C Boys 3m Semi-Final / D Boys 1m Semi-Final (Simultaneous)
	5:45 PM	C Girls Plat Final / C Boys 3m Final / D Boys 1m Final (Simultaneous)
Day 4 July 28th	9:00 AM	C Boys Plat Prelims / C Girls 3m Prelims / D Girls 1m Prelims (Simultaneous)
	3:15 PM	C Boys Plat Semi-Final / C Girls 3m Semi-Final / D Girls 1m Semi-Final (Simultaneous)
	5:35 PM	C Boys Plat Final / C Girls 3m Final / D Girls 1m Final (Simultaneous)
Day 5 July 29th	1:00 PM	A Girls 1m Prelims / B Boys 3m Prelims (Simultaneous)
	3:50 PM	B Girls Plat Prelims / A Boys 1m Prelims (Simultaneous)
Day 6 July 30th	9:00 AM	A Boys 3m Prelims / B Girls 1m Prelims (Simultaneous)
	11:55 AM	B Boys 1m Prelims / A Girls Plat Prelims (Simultaneous)
	6:45 PM	A/B Synchro Girls Plat / A/B Synchro Boys 3m (Combined)
Day 7 July 31st	9:00 AM	B Girls 3m Prelims / B Boys Plat Prelims (Simultaneous)
	11:45 AM	A Girls 3m Prelims / A Boys Plat Prelims (Simultaneous)
	6:45 PM	A/B Synchro Boys Plat / A/B Synchro Girls 3m (Combined)
Day 8 August 1st	9:00 AM	A Boys 1m Semi-Final / B Girls Plat Semi-Final (Simultaneous)
	12:05 PM	B Boys 3m Semi-Final / A Girls 1m Semi-Final (Simultaneous)
	4:05 PM	A Boys 1m Final / B Girls Plat Final (Simultaneous)
	5:30 PM	B Boys 3m Final / A Girls 1m Final (Simultaneous)
Day 9 August 2nd	9:00 AM	B Girls 1m Semi-Final / A Girls Plat Semi-Final (Simultaneous)
	12:50 PM	B Boys 1m Semi-Final / A Boys 3m Semi-Final (Simultaneous)
	4:20 PM	B Girls 1m Final / A Girls Plat Final (Simultaneous)
	5:50 PM	B Boys 1m Final / A Boys 3m Final (Simultaneous)
Day 10 August 3rd	9:00 AM	A Girls 3m Semi-Final / A Boys Plat Semi-Final (Simultaneous)
	12:50 PM	B Boys Plat Semi-Final / B Girls 3m Semi-Final (Simultaneous)
	4:50 PM	A Girls 3m Final / A Boys Plat Final (Simultaneous)
	6:20 PM	B Boys Plat Final / B Girls 3m Final (Simultaneous)
All event times occur in the Pacific Time Zone. Schedule subject to change due to event entries.		
Updated 04-29-2025		