



# **Judges' & Officials' Information Guide**

Welcome to Mission Viejo and the 2025 USA Diving Junior Nationals Championships. This is the second 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 to our sponsors and major donors:



## Contact Information

USA Diving Event Director	Mike Retcher	419.789.0594
USA Diving Asst. Director/Divemeets	Riley McNichols	
USA Diving Asst. Event Technician	Owen Weymouth	
USA Diving Communications Head	Acadia Swartz	
USA Diving Membership Engagement	Gerry Dunn	
MVN Asst. Technical Manager	Dan Badstubner	949.322.0182
MVN Executive Director	Michele Mitchell	520.661.4937
Manager of Volunteers	Teri Chamoures	949.290.8669

## The Venue

The Marguerite Aquatics Complex is located at 27474 Casta Del Sol, Mission Viejo, CA 92692. The facility has three 1-meters, three 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 divers must yield to the announcer during training sessions

### 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 warmup or competition days.

## Key Dates

- Coaches' Technical Meeting – Thursday, July 24 1:00-2:00 – Marguerite Tennis Pavilion
- Opening Ceremony – Saturday, July 26 - 6:00 pm at the MAC (lineup at 5:30)
- Picnic and Social – Saturday, July 26 – immediately following Opening Ceremony (Taco bar on site 4:00-8:00 pm) (pre-sale of tickets – use QR code here)
- Coaches' Social sponsored by PDCA – Sunday, July 27 6:00-8:00 pm (cash bar and food) – Oso Creek Golf Course
- Training Days/Times
  - Thursday, July 24 – all day 8:00 am – 7:00 pm (by flights)
- Post competition daily training - See detailed schedule for exact times.



## Coaches' Technical Meeting

- **Thursday, July 24 - 1:00-2:00** – Marguerite Tennis Pavilion (right next door in hospitality area)

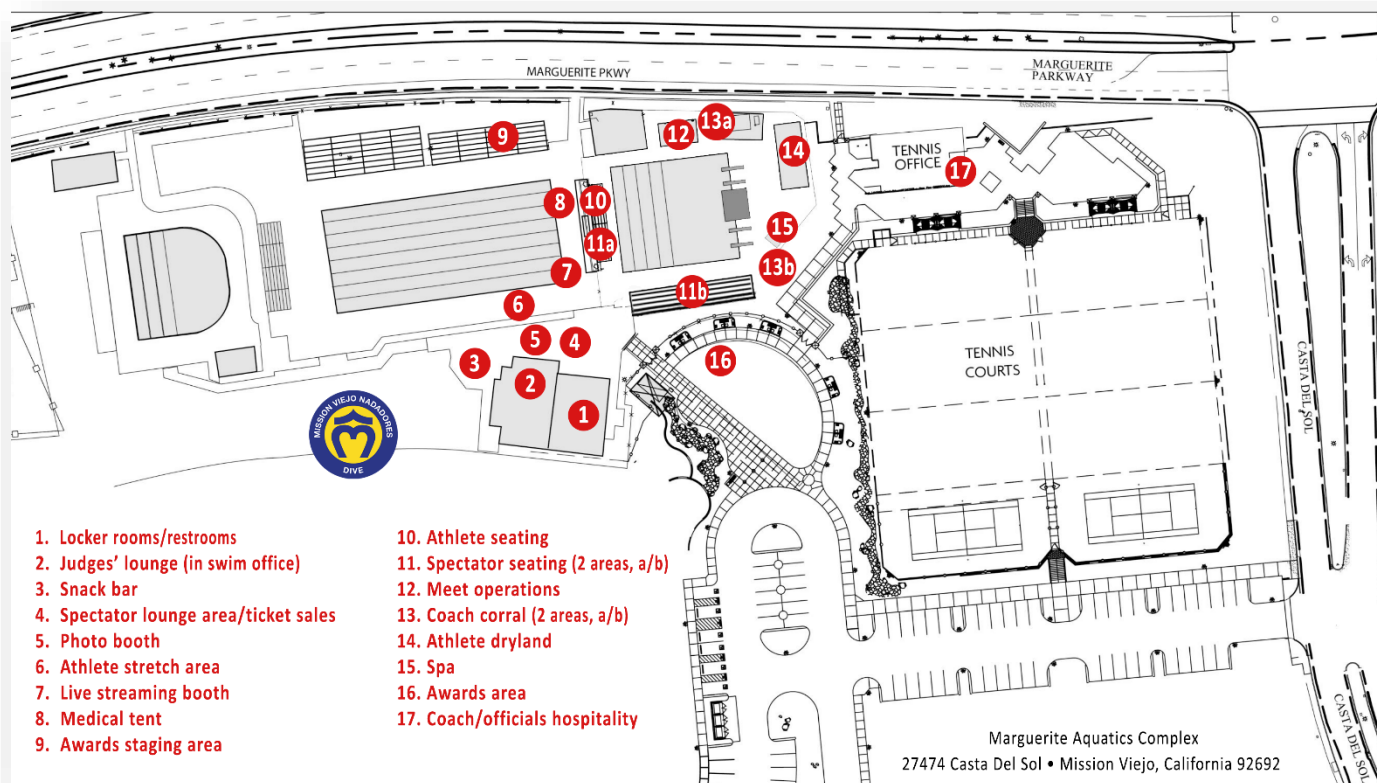
## Coaches Social – Sponsored by PDCA

- **Sunday, July 27 6:00 – 8:00 pm at Oso Creek Golf Course** across from pool. Cash bar and food.

## Venue – Event Operations

Please note #3 – location of Judges' lounge.

- Judges are asked NOT to go into the dive office (#13).
- You may safely store your personal belongings in the lounge (#3)
- Lounge is equipped with television and accessible for a computer interface.



## Equipment to bring

- Mission Viejo provides Gatorade and water but, in accordance with city policies, cups are not provided.
- Water bottles will be provided to judges as well as a commemorative ball cap.

## Judging locations

- Referees will be equipped with walkie/talkies
- 1-meter and 3-meter events will be on elevated platforms
- Platform judges will be seated in the grandstands on cushions

## 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.

## Parking

- Parking is free at the Marguerite Aquatics Complex and along Marguerite Parkway in front of the pool.
- 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

- Just off the pool deck.
- Spectator and coach restrooms are also located  
At the Swim School and in the Tennis Pavilion

## First Aid/Athletic Trainers

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

## Spectator Tickets

- All tickets can be purchased at [mvndiving.com/store](https://mvndiving.com/store) or [divemeets.com](https://divemeets.com).
- **Spectator seating will be open AFTER 7:00 am each day.**
- **Beginning on the first competition day, no spectators will be allowed in the grandstands without purchasing a ticket.**
- The small, shaded bleachers are reserved for the elderly, physically challenged and families with small children and babies.

### 2025 USA DIVING JUNIOR NATIONAL CHAMPIONSHIPS - SPECTATOR TICKETS

<b>Daily</b>	\$15.00 - Daily All Day	\$10.00 - Daily All Day: Senior (65+)/Military/Child under 12 (under 5 free)
<b>4-day Session</b> (July 25-28)	\$50.00 - 4 Day Session All Day	\$35.00 - 4 Day Session All Day: Senior (65+)/ Military/Child under 12 (under 5 free)
<b>6-day Session</b> (July 29-August 3)	\$80.00 – 6 Day Session All Day	\$55.00 - 6 Day Session All Day: Senior (65+)/ Military/Child under 12 (under 5 free)
<b>All-Session</b> (July 25-August 3)	\$130.00 - ALL Sessions	\$90.00 - All Sessions: Senior (65+)/Military/Child under 12 (under 5 free)





## Snack Bar and other food services

- Crave – 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.
- The event will be live streamed at the Terrace on the Green at Oso Creek Golf Course. Keep your parking spot, walk 5 minutes across the street, and watch live action, while enjoying a drink, breakfast, lunch or happy hour!

Oso Creek features 2 outdoor restaurants with incredible views of the golf course and Saddleback Mountains. **Terrace on the Green:** With a dedication to sourcing responsibly from California farms, its food is crafted with the freshest meats, poultry, fish, and produce available.

**Garden + Grille:** A casual spot featuring a selection of savory grilled links.



The advertisement features a top photograph of an outdoor dining area with tables, chairs, and a fire pit. Below the photo is the Oso Creek Golf Course logo and the text "Terrace on the Green and Garden + Grille". It states they are "Open for Breakfast, Lunch and Dinner" and "Just a short walk across the street!". A table lists the hours for both restaurants: Terrace on the Green (Breakfast 8-11 am, Lunch 11 am - 3 pm, Dinner 3-8 pm) and Garden + Grille (Outdoor eatery with a grab-n-go menu, Open daily 10 am - 5 pm). It includes contact information for reservations and walk-ins, and logos for both restaurants at the bottom.

**Terrace on the Green and Garden + Grille**  
Open for Breakfast, Lunch and Dinner

Just a short walk across the street!

	<u>Terrace on the Green</u>	<u>Garden + Grille</u>
	Full service restaurant	Outdoor eatery with a grab-n-go menu
Breakfast	8-11 am	
Lunch	11 am - 3 pm	Open daily
Dinner	3-8 pm	10 am - 5 pm

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

## Bleacher Seat Rentals

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

## WiFi

The facility has strong public WiFi

## Live Stream

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

## An Escape

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



The advertisement has a blue header with the text "BLEACHER CHAIR RENTALS COMING TO MAC!". Below this, it states "Bleacher chairs will now be available for all major events. Rent yours in the the pool plaza area for \$15 per day." The bottom half of the ad shows a blue bleacher chair with the "MISSION VIEJO MADRIDORES" logo, positioned next to a swimming pool.

**BLEACHER CHAIR RENTALS  
COMING TO MAC!**

Bleacher chairs will now be available for all major events. Rent yours in the the pool plaza area for \$15 per day.

## Coaches/Judges Social

When: **Sunday, July 27**  
Where: Oso Creek Golf Course  
What: Cash bar and food  
Time: 6:00-8:00 pm

## Hospitality

Hospitality for coaches and officials is in the Tennis Pavilion right next to the Aquatic Center. From the pool deck go out to the grass area and walk around to the entrance of the pavilion. Credentials are required to enter. Service Times:

### **July 25 – July 26 – July 27 – July 28**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 5:30

### **July 29**

- Breakfast – Closed
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 5:30 pm

### **July 30**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 1:30 pm
- Dinner – 5:30 – 6:30 pm **(by reservation only - Sign up by July 28 at 5:00 pm in coaches' hospitality)**

### **August 1 – August 2**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 2:00 pm
- Snacks – 2:00 pm – 4:00 pm

### **August 3**

- Breakfast – 7:00 am – 10:30 am
- Lunch – 11:00 am – 1:30 pm
- Dinner – 5:30 – 6:30 pm **(by reservation only - Sign up by August 1 at 5:00 pm in coaches' hospitality)**

## Opening Ceremony

When: Saturday, July 26 beginning at 6:00 pm  
Athlete Arrival: 5:30 pm – line up in the swimming grandstands and receive team placard  
Ceremony: March in and presentation of teams  
National Anthem, Dedication of Dive Well, Speeches, Coach competition, March Out  
Seating: The event is free for spectators, but grandstand seating will be limited.  
Meals: Taco bar on site is open from 4:00-7:30 pm

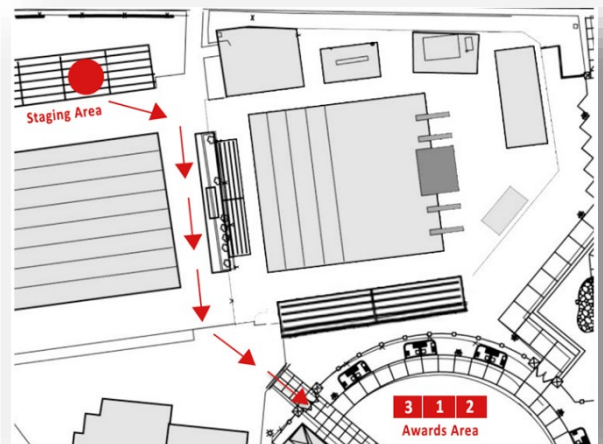
## Awards Ceremony Protocols

Presentation of awards will take place 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.



## On Site Vendors

- Crave – prepared to order breakfast, lunch and snacks
- Erie Action Shots - Only July 25-28
- John Wayne Foundation “Block the Blaze” July 31 (sunscreen protection education)

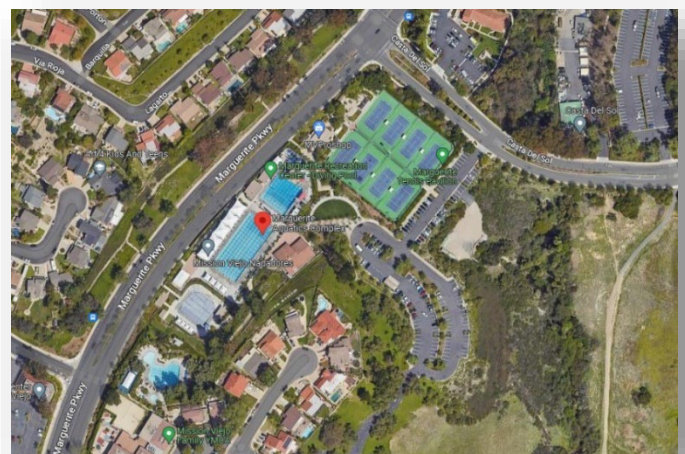
## Expectations of Spectators, Coaches, and all Adults

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.

## Directions to Marguerite Aquatics Complex

From the 5 Freeway exit La Paz Road (89). Use the left 2 lanes if coming from 5 south, and 2 right lanes if coming from north 5. Turn east onto La Paz Road. Travel approximately 1.1 miles on La Paz Road, then use the left 2 lanes to turn left onto Marguerite Parkway. Go approximately 1.8 miles and turn right onto Casta Del Sol. In approximately 350 feet make a right into the parking lot.



**2025 DIVE NATIONALS PHOTO SPECIAL!**  
**MUST BE PURCHASED BEFORE ATHLETE COMPETES!**

**Action Shots**  
OFFICIAL MEET PHOTOGRAPHY COMPANY

**DIGITAL IMAGE PACKAGES PRE-ORDER ONLY:**  
Preorder Your Athlete's Digital Images **\$75 Per Board**

PACKAGE INCLUDES APPROXIMATELY 25+ IMAGES PER BOARD. UNEDITED. HIGH RESOLUTION DIGITAL IMAGES WITH COPYRIGHT RELEASES. MULTIPLE ATTEMPTS INCLUDED.

**WE ONLY PHOTOGRAPH ATHLETES WHO PRE-ORDER.**

**PRE-ORDER NOW!**

**AVAILABLE ONLY FOR DIVERS COMPETING JULY 25-JULY 28, 2025**  
<https://www.actionshotserie.com/album/4808377/>

814-882-9541 [ERIEACTIONSHOTS@GMAIL.COM](mailto:ERIEACTIONSHOTS@GMAIL.COM)



## Schedule for Training

Day 0 - July 24	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	2:00PM	CLOSED
Group 1 C/D Only				1h 15	2:00PM	3:15PM	All
Group 2 C/D Only				1h 15	3:15PM	4:30PM	All
Group 3 C/D Only				1h 15	4:30PM	5:45PM	All
A & B Only				1h 15	5:45PM	7:00PM	All
Pool Closed							
	= auxillary boards (open at all times an event is not being contested)						
	= concrete boards						
	= platform						
	= training						

## Schedule of Competition Events

**FRIDAY, July 25**

## SATURDAY, July 26

Day 1 - July 25	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	8:58AM	NONE
D Girls 3m Prelims	21/21	6	63	1h 5			
D Boys Plat Prelims	21	6	76	1h 15	9:00 AM	10:30 AM	
C Boys 1m Prelims	21/21	8	84	1h 25			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 2				1h 15	10:35 AM	11:50 AM	All
Group 3					11:53 AM	1:08 PM	All
Group 1				1h 15	1:10 PM	2:25 PM	All
Event Warm Up				40 min	2:30 PM	3:10 PM	
D Girls 3m Semi-Final	24	6	72	1h 15			
D Boys Plat Semi-Final	24	6	86	1h 25	3:15 PM	4:55 PM	
C Boys 1m Semi-Final	24	8	96	1h 36			
Introductions				10	5:00 PM	5:10 PM	NONE
Event Warm Up				15	5:10 PM	5:25 PM	
D Girls 3m Final	12	2	12	12 min			
D Boys Plat Final	12	2	14	20 min	5:30 PM	5:50 PM	
C Boys 1m Final	12	3	18	20 min			
Awards					5:55 PM	6:05 PM	
Open				1h 30	5:50 PM	7:00 PM	All
Pool Closed							

Day 2 - July 26	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	8:58 AM	NONE
D Boys 3m Prelims	21/21	6	63	1h 6			
D Girls Plat Prelims	24	6	86	1h 25	9:00 AM	10:30 AM	
C Girls 1m Prelims	21/21	7	74	1h 15			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 3				1h 15	10:35 AM	11:50 AM	All
Group 1				1h 15	11:53 AM	1:08 PM	All
Group 2				1h 15	1:10 PM	2:25 PM	All
Event Warm Up				40 min	2:30 PM	3:10 PM	
D Boys 3m Semi-Final	24	6	72	1h 15			
D Girls Plat Semi-Final	24	6	86	1h 25	3:15 PM	4:45 PM	
C Girls 1m Semi-Final	24	7	84	1h 25			
Introductions/Event Warm Up				25 min	4:50 PM	5:15 PM	NONE
D Boys 3m Final	12	3	18	20 min			
D Girls Plat Final	12	2	14	20 min	5:20 PM	5:45 PM	
C Girls 1m Final	12	2	12	15 min			
Awards					5:50 PM	6:00 PM	
Opening Ceremonies					6:00 PM	7:30 PM	
Pool Closed							

## SUNDAY, July 27

Day 3 - July 27	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	8:58 AM	NONE
C Girls Plat Prelims	24	6	86	1h 45	9:00 AM	10:45 AM	
C Boys 3M Prelims	21/21	8	84	1h 25			
D Boys 1m Prelims	21/21	6	63	1h 5			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 1				1h 15	10:50 AM	12:05 PM	All
Group 2				1h 15	12:08 PM	1:23 PM	All
Group 3				1h 15	1:25 PM	2:40 PM	All
Event Warm Up				40 min	2:45 PM	3:25 PM	
C Girls Plat Semi-Final	24	6	86	1h 30	3:30 PM	5:10 PM	
C Boys 3M Semi-Final	24	8	96	1h 35			
D Boys 1m Semi-Final	24	6	72	1h 12			
Introductions/Event Warm Up				25 min	5:15 AM	5:40 PM	NONE
C Girls Plat Final	12	2	14	20 min	5:45 PM	6:10 PM	
C Boys 3m Final	12	3	18	20 min			
D Boys 1m Final	12	2	12	15 min			
Awards					6:15 PM	6:25 PM	
Open				1h 30	5:35 PM	7:05 PM	All
Pool Closed							

## MONDAY, July 28

Day 4 - July 28	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	8:58 AM	NONE
C Boys Plat Prelims	21	7	88	1h 5	9:00 AM	10:30 AM	
C Girls 3M Prelims	21/21	7	74	1h 15			
D Girls 1m Prelims	21/21	6	63	1h 25			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 2				1h 15	10:35 AM	11:50 AM	All
Group 3				1h 15	11:53 AM	1:08 PM	All
Group 1				1h 15	1:10 PM	2:25 PM	All
Event Warm Up				40 min	2:30 PM	3:10 PM	
C Boys Plat Semi-Final	24	7	101	1h 45	3:15 PM	5:00 PM	
C Girls 3m Semi-Final	24	7	84	1 hr 25			
D Girls 1m Semi-Final	24	6	72	1h 12			
Introductions/Event Warm Up				25 min	5:05 PM	5:30 PM	NONE
C Boys Plat Final	12	3	22	20 min	5:35 PM	5:50 PM	
C Girls 3m Final	12	2	12	15 min			
D Girls 1m Final	12	2	12	15 min			
Awards					5:55 PM	6:05 PM	
Group 2				45 min	6:10 PM	6:55 PM	All
Group 3				45 min	6:58 PM	7:43 PM	All
Group 1				45 min	7:45 PM	8:30 PM	All
Pool Closed							

## TUESDAY, July 29

Day 5 - July 29	Entries	Dives	Minutes	Duration	Start Time	End Time	Boards
Open	*days events only			1h	6:30 AM	7:30 AM	All
Group 3				1h 30	7:30 AM	9:00 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	12:58 PM	NONE
A Girls 1m Prelims	22/22	9	99	1h 40	1:00 PM	2:45 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 40	3:50 PM	5:40 PM	
A Boys 1m Prelims	21/21	10	105	1h 45			
Training							
Group 3				45 min	5:45 PM	6:30 PM	All
Group 1				45 min	6:33 PM	7:08 PM	All
Group 2				45 min	7:10 PM	7:55 PM	All
Pool Closed							

## WEDNESDAY, July 30

Day 6 - July 30	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	8:58 AM	NONE
A Boys 3m Prelims	21/21	10	105	1h 45	9:00 AM	10:50AM	
B Girls 1m Prelims	21/21	8	84	1h 25			
Event Warm UP				55 min	10:55AM	11:50AM	
B Boys 1m Prelims	21/21	9	95	1h 35	11:55AM	1:55PM	
A Girls Plat Prelims	24	8	115	1h 55			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 1				1h 15	2:00 PM	3:15 PM	All
Group 2				1h 15	3:18 PM	4:33 PM	All
Group 3				1h 15	4:35 PM	5:50 PM	All
Event Warm UP				55 min	5:55 PM	6:40 PM	
A/B Synchro Girls Pl				1h	6:45 PM	7:45 PM	
A/B Synchro Boys 3m							
Pool Closed							

## THURSDAY, JULY 31

Day 7- July 31	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	8:58 AM	NONE
B Girls 3m Prelims	21/21	8	84	1h 25	9:00 AM	10:30 AM	
B Boys Plat Prelims	18	8	86	1h 25			
Event Warm Up				55 min	10:35 AM	11:40 PM	
A Girls 3m Prelims	21/21	9	94.5	1h 35	11:45 AM	1:58 PM	
A Boys Plat Prelims	24	9	130	2h 10m			
Group Training	**Buffer time to CLEAR ALL BOARDS before the next group starts**						
Group 2				1h 15	2:00 PM	3:15 PM	All
Group 3				1h 15	3:18 PM	4:33 PM	All
Group 1				1h 15	4:35 PM	5:52 PM	All
Event Warm UP				55 min	5:55 PM	6:40 PM	
A/B Synchro Boys Pl				1h	6:45 PM	7:45 PM	
A/B Synchro Girls 3m							
Pool Closed							

## FRIDAY, August 1

Day 8 - August 1	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							
A Boys 1m Semi-Final				55 min	8:00 AM	8:55 AM	
B Girls Plat Semi-Final				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem					8:55 AM	8:58 AM	NONE
A Boys 1m Semi-Final	18/18	10	90	1h 30	9:00 AM	11:03 AM	
B Girls Plat Semi-Final	28	7	118	2h			
Event Warm Up				55 min	11:05 AM	12:00 PM	
B Boys 3m Semi-Final	15/15	9	68	1h 10	12:05 PM	1:30 PM	
A Girls 1m Semi-Final	18/18	9	81	1h 20			
Open				1 hr 40	1:35 PM	3:15 PM	
Introductions/Event Warm Up				40 min	3:20 PM	4:00 PM	
A Boys 1m Final	12	5	30	30 min	4:05 PM	4:40 PM	
B Girls Plat Final	12	3	22	25 min			
Introductions/Event Warm Up/Awards				40 min	4:45 PM	5:25 PM	
B Boys 3m Final	12	4	24	25 min	5:30 PM	6:00 PM	
A Girls 1m Final	12	4	24	25 min			
Awards					6:05 PM	6:15 PM	
Open				1 hr 35	5:25 PM	7:00 PM	All
Pool Closed							

## SATURDAY, August 2

Day 9 - August 2	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 Girls 1m Semi-Final				55 min	8:00 AM	8:55 AM	
A Girls Plat Semi-Final				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
B Girls 1m Semi-Final	15/15	8	60	1h	9:00 AM	11:45 AM	
A Girls Plat Semi-Final	33	8	158	2hr 40			
Event Warm Up				55 min	11:50 AM	12:45 PM	
B Boys 1m Semi-Final	15/15	9	68	1h 10	12:50 PM	2:25 PM	
A Boys 3m Semi-Final	18/18	10	90	1h 30			
Open				1 hr	2:30 PM	3:30 PM	
Introductions/Event Warm Up/Awards				40 min	3:35 PM	4:15 PM	
B Girls 1m Final	12	3	18	20 min	4:20 PM	4:55 PM	
A Girls Plat Final	12	4	32	30 min			
Introductions/Event Warm UP				40 min	5:00 PM	5:45 PM	
B Boys 1m Final	12	4	24	25 min	5:50 PM	6:20 PM	
A Boys 3m Final	12	5	30	30 min			
Awards					6:25 PM	6:35 PM	
Pool Closed							

## SUNDAY, August 3

Day 10 - August 3	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							
A Girls 3m Semi-Final				55 min	8:00 AM	8:55 AM	
A Boys Plat Semi-Final				55 min	8:00 AM	8:55 AM	
Open				55 min	8:00 AM	8:55 AM	
National Anthem				5 min	8:55 AM	8:58 AM	NONE
A Girls 3m Semi-Final	18/18	9	81	1h 20	9:00 AM	11:45 AM	
A Boys Plat Semi-Final	30	9	162	2hr 40			
Event Warm Up				55 min	11:50 AM	12:45 PM	
B Boys Plat Semi-Final	26	8	125	2 h 5	12:50 PM	2:55 PM	
B Girls 3m Semi-Final	15/15	8	60	1h			
Open				1h	3:00 PM	4:00 PM	
Introductions/Event Warm Up/Awards				40 min	4:05 PM	4:45 PM	
A Girls 3m Final	12	4	24	25 min	4:50 PM	5:30 PM	
A Boys Plat Final	12	5	36	35 min			
Introductions/Event Warm UP				40 min	5:35 PM	6:15 PM	
B Boys Plat Final	12	4	30	30 min	6:20 PM	6:55 PM	
B Girls 3m Final	12	3	18	20 min			
Awards					7:00 PM	7:10 PM	
Pool Closed							

## City of Mission Viejo

### **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

### **Trader Joe's**

25410 Marguerite Parkway, Mission Viejo

### **Pavilion's**

Marguerite Parkway, Mission Viejo

### **Albertsons**

Alicia Parkway, Mission Viejo

### **Smart and Final**

26911 Trabuco Road, Mission Viejo

## Lodging

### **Ayres Hotel & Spa Mission Viejo**

28951 Los Alisos Boulevard  
Mission Viejo, CA 92692

[Website](#)

### **Sonesta Select Laguna Hills**

23175 Avenida De La Carlota  
Laguna Hills, CA 92653

[Website](#)

### **Hampton Inn & Suites Mission Viejo**

28682 Marguerite Parkway  
Mission Viejo, CA 92692

[Website](#)

### **VOCO Laguna Hills**

25205 La Paz Road  
Laguna Hills, CA 92653

[Website](#)

### **Fairfield Inn by Marriott Mission Viejo**

26328 Oso Parkway  
Mission Viejo, CA 92691

[Website](#)

### **Residence Inn by Marriott (Irvine Spectrum)**

10 Morgan  
Irvine, CA 92618

[Website](#)

### **Hampton Inn Foothill Ranch/Lake Forest**

27102 Towne Centre Drive  
Foothill Ranch, CA 92610

[Website](#)

## Dining (Restaurants located near the Aquatics Complex)

**Terrace on the Green** (walkable from MAC)  
**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

**Surfin Souvlaki**  
**Mediterranean**  
28171 Marguerite Parkway, Mission Viejo

**Albertaco's**  
**Mexican**  
28171 Marguerite Pkwy # 26, Mission Viejo

**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

**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 (sandwiches, salads & more)**  
25523 Marguerite Parkway, Mission Viejo

**Diho Siam**  
**Thai and Chinese**  
27001 La Paz Rd., Mission Viejo

**Chipotle**  
**Burritos, tacos and bowls**  
25523 Marguerite Parkway, Mission Viejo

**Panda Express**  
**Fast food Chinese cuisine**  
25276 Marguerite Parkway, Mission Viejo

**King's Fish House**  
**Seafood**  
24001 Avenida De La Carlota, Laguna Hills

**BJ's Restaurant and Brewhouse**  
**Pizza, Pasta, Burgers, Specialty Entrees**  
24001 Avenida De La Carlota, Laguna Hills

**The Cheesecake Factory**  
**Over 250 dishes + bakery/cheesecake**  
42 The Shops at Mission Viejo, Mission Viejo

**Islands**  
**Burgers, fries, salads, sandwiches, tacos**  
799 The Shops at Mission Viejo, Mission Viejo



## Entertainment

### **Bowling**

#### **Saddleback Lanes**

25402 Marguerite Parkway  
Mission Viejo  
(949) 586-5300

#### **Lucky Strike**

27502 Antonio Parkway  
Ladera Ranch, CA  
(949) 257-0030

### **Theaters**

#### **Edwards Kaleidoscope 10**

27741 Crown Valley Parkway  
Mission Viejo

#### **Cinepolis 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 Taxi Service (yellow cab) - <https://californiayellowcab.com/cities/mission-viejo-taxi>

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 & 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.

And don’t miss downtown Dana Point which has recently been revitalized. The vibrant, walkable downtown has many good restaurants, art galleries and shops.

[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.