

| Flight Groups | | |
|--|---|-----------|
| GROUP A | USA, BRAZIL, RUSSIA | 42 |
| GROUP B | AUSTRALIA, CANADA, GREAT BRITAIN, HAITI, IRAN, NEW ZEALAND, TAIPEI | 40 |
| Tuesday, May 19th, 2026 | | |
| FLIGHTED WORKOUTS | | |
| GROUP A 10-11:30 AM | | |
| GROUP B 11:30 AM - 1 PM | | |
| GROUP A 1- 2:30 PM | | |
| GROUP B 2:30 - 4 PM | | |
| Wednesday, May 20th, 2026 | | |
| FLIGHTED WORKOUTS | | |
| GROUP B 10-11:30 AM | | |
| GROUP A 11:30 AM - 1 PM | | |
| GROUP B 1- 2:30 PM | | |
| GROUP A 2:30 - 4 PM | | |
| Team Event Warmup 4- 4:45 PM | | |
| Team Introductions 4:45-4:55 PM | | |
| Team Event 5- 5:50 PM | | |
| Awards 5:50- 6 PM | | |

Thursday, May 21st, 2026

FLIGHTED WORKOUTS

GROUP A 7- 8 AM

GROUP B 8 - 9 AM

Event 1 Warmup 9- 9: 50 AM

Event 1 10-10:55 AM

| 1M | 3M | PL |
|---------|---------|----|
| C Girls | B Girls | |
| C Boys | | |

Event 2 Warmup 10:55- 11:40 AM

Event 2 11:45 AM- 12:45 PM

| 1M | 3M | PL |
|--------|--------|---------|
| B Boys | A Boys | A Girls |

Finals Event 1 Warmup 12:45- 1:05 PM

Finals Introductions 1:05-1:15 PM

Finals Event 1 1:20- 1:40 PM

| 1M | 3M | PL |
|---------|---------|----|
| C Girls | B Girls | |
| C Boys | | |

Awards 1:40-1:50 PM

Finals Event 2 Warmup 1:55- 2:15 PM

Finals Introductions 2:20- 2:30 PM

Finals Event 2 2:35- 3:05 PM

| 1M | 3M | PL |
|--------|--------|---------|
| B Boys | A Boys | A Girls |

Awards 3:05- 3:15 PM

Friday, May 22nd, 2026

FLIGHTED WORKOUTS

GROUP B 7- 8 AM

GROUP A 8 - 9 AM

Event 3 Warmup 9 - 9:50 AM

Event 3 10 - 10:40 AM

| 1M | 3M | PL |
|---------|---------|--------|
| B Girls | C Girls | B Boys |
| | C Boys | |

Event 4 Warmup 10:40 - 11:25 AM

Event 4 11:30- 12:50 PM

| 1M | 3M | PL |
|---------|----|--------|
| A Girls | | A Boys |

Finals Event 3 Warmup 12:50- 1:10 PM

Finals Introductions 1:10 - 1:20 PM

Finals Event 3 1:25- 1:45 PM

| 1M | 3M | PL |
|---------|---------|--------|
| B Girls | C Girls | B Boys |
| | C Boys | |

Awards 1:45- 2 PM

Finals Event 4 Warmup 2 - 2:20 PM

Finals Introductions 2:20 - 2:30 PM

Finals Event 4 2:35- 3 PM

| 1M | 3M | PL |
|---------|----|--------|
| A Girls | | A Boys |

Awards 3- 3:10 PM

Saturday, May 23rd, 2026

FLIGHTED WORKOUTS

GROUP A 7- 8 AM

GROUP B 8 - 9 AM

Event 5 Warmup 9 - 9:45 AM

Event 5 Introductions 9:45 - 9:55 AM

Event 5 10- 10:30 AM

3M

PL

AB Girls Synchro

AB Boys Synchro

Awards 10:30- 10:40 AM

Event 6 Warmup 10:40 - 11:25 AM

Event 6 Introductions 11:25 - 11:35 AM

Event 6 11:40- 12 PM

3M

PL

AB Boys Synchro

AB Girls Synchro

Awards 12- 12:10 PM

Sunday, May 24th, 2026

FLIGHTED WORKOUTS

GROUP B 7- 8 AM

GROUP A 8 - 9 AM

Event 7 Warmup 9 - 9:50 AM

Event 7 10- 10:40 AM

| 1M | 3M | PL |
|----|--------|-------------|
| | B Boys | C Girls- 24 |
| | | C Boys- 14 |

Event 8 Warmup 10:40 - 11:25 AM

Event 8 11:30 AM- 1:15 PM

| 1M | 3M | PL |
|------------|--------------|-------------|
| A Boys- 50 | A Girls- 103 | B Girls- 35 |

Finals Event 7 Warmup 1:15 - 1:35 PM

Finals Introduction 1:35 - 1:45 PM

Finals Event 7 1:50- 2:05 PM

| 1M | 3M | PL |
|----|------------|------------|
| | B Boys- 12 | C Girls- 8 |
| | | C Boys- 6 |

Awards 2:05- 2:15 PM

Finals Event 8 Warmup 2:15 - 2:35 PM

Finals Introductions 2:35-2:45 PM

Finals Event 8 2:50- 3:15 PM

| 1M | 3M | PL |
|------------|-------------|-------------|
| A Boys- 25 | A Girls- 24 | B Girls- 15 |

Awards 3:15-3:30 PM