



USA Diving 2022 Winter Nationals



at The Aquatic Center at Mylan Park

Event Schedule • December 11th - 18th • EST

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Fan Experience Gold 'n' Blue Day Special Guest The Mountaineer	Fan Experience The Holidays Special Guest Mr. & Mrs. Claus	Fan Experience Free Yoga & Tai Chi Classes, Meditation, and Chair Massages	Fan Experience West Virginia Day	
7:00am				Open Training 7:00 - 9:00 a.m.	Open Training 7:00 - 9:00 a.m.	Open Training 7:00 - 9:00 a.m.	Open Training 7:00 - 9:00 a.m.	Open Training 7:00 - 9:00 a.m.
8:00am								
9:00am			Open Training 7:00 a.m. - 12:00 p.m.	Event Training 9:00 - 9:55 a.m.	Event Training 9:00 - 9:55 a.m.	Event Training 9:00 - 9:55 a.m.	Event Training 9:00 - 9:55 a.m.	Event Training 9:00 - 9:55 a.m.
10:00am				Men's 10m Sychro Prelim & Women's 3m Sychro Prelim 10:00 - 11:00 a.m.	Men's 3m Sychro Prelim & Women's 10m Sychro Prelim 10:00 - 11:00 a.m.	Women's 1m Prelim 10:00 a.m. - 12:00 p.m.	Women's 3m Prelim 10:00 a.m. - 12:00 p.m.	Men's 1m Prelim 10:00 - 11:40 a.m.
11:00am	Open Training 7:00 a.m. - 5:00 p.m.							
12:00pm		Open Training 8:00 a.m. - 4:30 p.m.	Technical Meeting 12:00 - 12:30 p.m.	Open Training 11:00 a.m. - 3:00 p.m.	Open Training 11:00 a.m. - 3:00 p.m.	Event Training 12:00 - 12:40 p.m.	Event Training 12:00 - 12:40 p.m.	Event Training 11:40 a.m. - 12:20 p.m.
1:00pm								Women's PL Prelim 12:25 - 1:25 p.m.
2:00pm			Open Training 12:30 - 4:30 p.m.			Men's 3m Prelim 12:45 - 3:00 p.m.	Men's 10m Prelim 12:45 - 1:45 p.m.	Open Training 1:25 - 2:25 p.m.
3:00pm				Event Training 3:00 - 3:45 p.m.	Event Training 3:00 - 3:45 p.m.		Open Training 1:45 - 3:50 p.m.	Men's 1m Final Intro 2:25 - 2:35 p.m.
4:00pm		Event Training 4:30 - 4:55 p.m.	Event Training 4:30 - 4:55 p.m.	Sychro Intro 3:45 - 4:00 p.m.	Sychro Intro 3:45 - 4:00 p.m.	Open Training 3:00 - 4:20 p.m.	Women's 3m Final Intro 3:50 - 4:00 p.m.	AWARDS 2:35 - 2:45 p.m.
5:00pm		Men's 3m Last Chance & Women's 10m Last Chance 5 - 6:15 p.m.	Men's 10m Last Chance & Women's 3m Last Chance 5 - 6:15 p.m.	Men's 10m Sychro Final & Women's 3m Sychro Final 4:00 - 5:00 p.m.	Men's 3m Sychro Final & Women's 10m Sychro Final 4:00 - 5:00 p.m.	Women's 1m Final Intro 4:20 - 4:30 p.m.	Event Training 4:00 - 4:25 p.m.	Men's 1m Final 3:15 - 3:55 p.m.
6:00pm				AWARDS 5:00 - 5:15 p.m.	AWARDS 5:00 - 5:15 p.m.	Warm Up 4:30 - 4:55 p.m.	Women's 3m Final 4:25 - 5:05 p.m.	Women's 10m Final Intro 3:55 - 4:05 p.m.
7:00pm				Welcome to Mountaineer Country Reception 5:15 - 7:30 p.m.	Open Training 5:00 - 7:00 p.m.	Women's 1m Final 5:00 - 5:35 p.m.	Event Training 5:15 - 5:40 p.m.	Event Training 4:05 - 4:30 p.m.
8:00pm						Men's 3m Final Intro 5:35 - 6:45 p.m.	Men's 10m Final Intro 5:05 - 5:15 p.m.	Women's 10m Final Intro 4:35 - 5:15 p.m.
						Warm Up 5:45 - 6:10 p.m.	Men's 3m Final 5:45 - 6:30 p.m.	AWARDS 5:15 - 5:30 p.m.
						Men's 3m Final 6:15 - 7:00 p.m.	AWARDS 6:30 - 6:45 p.m.	
						AWARDS 7:00 - 7:15 p.m.	Open Training 6:30 - 7:30 p.m.	
						Open Training 7:00 - 8:00 p.m.		