

2023 SC Age Group Champs

Diving Well: Girls Events Thursday & Saturday
Boys Events Friday & Sunday

Office End: Boys Events Thursday & Saturday
Girls Events Friday & Sunday

Prelims Warm Up Assignments

11-14 warm ups

	DIVING WELL								OFFICE END								INSTRUCTIONAL							
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Group A	Friday 7:00 - 7:30 am Saturday 7:30 - 8:00 am Sunday 8:00 - 8:30 am								WAC WAC PWSC SMAC CCA NOVA NOVA NOVA STAT ECAT TSC WST								NOVA NOVA NOVA NOVA NOVA NOVA NOVA NOVA							
Group B	Friday 7:30 - 8:00 am Saturday 7:00 - 7:30 am Sunday 8:30 - 9:00 am								CAV CAV CAV CGBD CGBD 757 TIDE TIDE LAC								TIDE TIDE TIDE TIDE TIDE 757 757 757							
10 & U warm ups	Fri & Sat 8:00 - 8:20 am Sunday 9:00 - 9:20 am								CAV NOVA NOVA NOVA CGBD 757 TIDE TIDE								open open open open open open open open							

Finals Warm Up Information

- Friday and Saturday: General warm-ups: not before 4:30 pm; Specific warm-ups not before 5:00 pm; Competition starts: not before 5:30 pm
- Sunday: General warm-ups: not before 3:30 pm; Specific warm-ups not before 4:00 pm; Competition starts: not before 4:30 pm