



Figure Warm Up Pool Specifications

Friday January 23, 2026

1:00pm - 1:15pm: 8-10 athletes in dive tank, AdAS athletes in DSM pool

1:15pm - 1:25pm AdAS athletes in dive tank, 8-10 athletes in DSM

2:30pm - 2:45pm Novice/11-12 figures comp #1-#47 in dive tank, comp #48-#95 in DSM pool

2:45pm - 3:00pm Novice/11-12 figures comp #48-#85 in dive tank, comp #1-#47 in DSM pool

4:55pm - 5:10pm Youth figures comp #1 - #55 in dive tank, Comp #56 - #109 in DSM pool

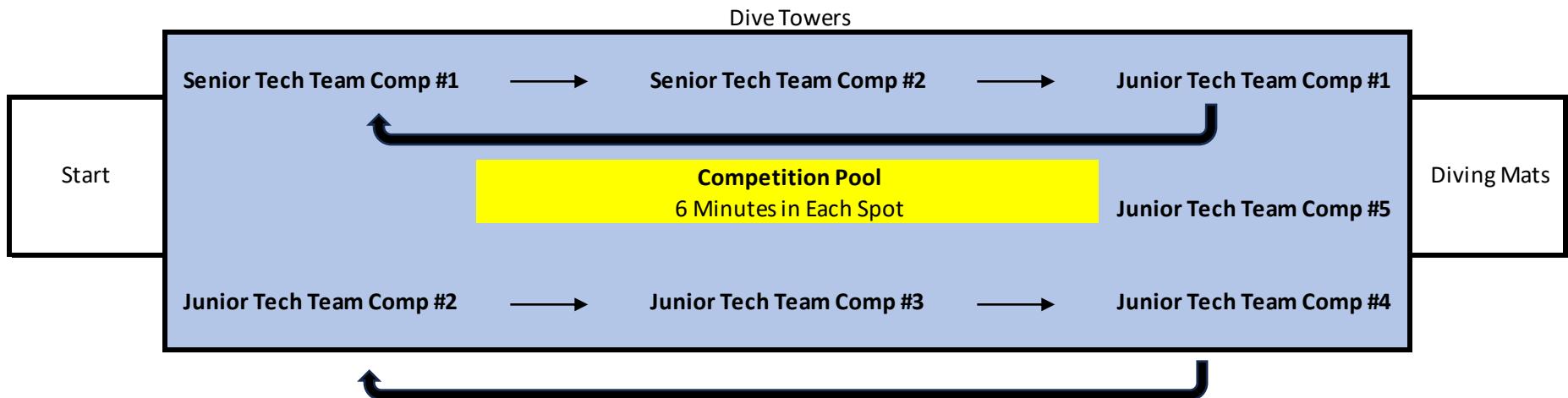
5:10pm - 5:25pm Youth figures Comp #56-#109 in dive tank, Comp #1 - #55 in DSM pool



Junior Tech Teams & Senior Tech Teams

Friday January 23, 2026

7:00pm - 7:20pm



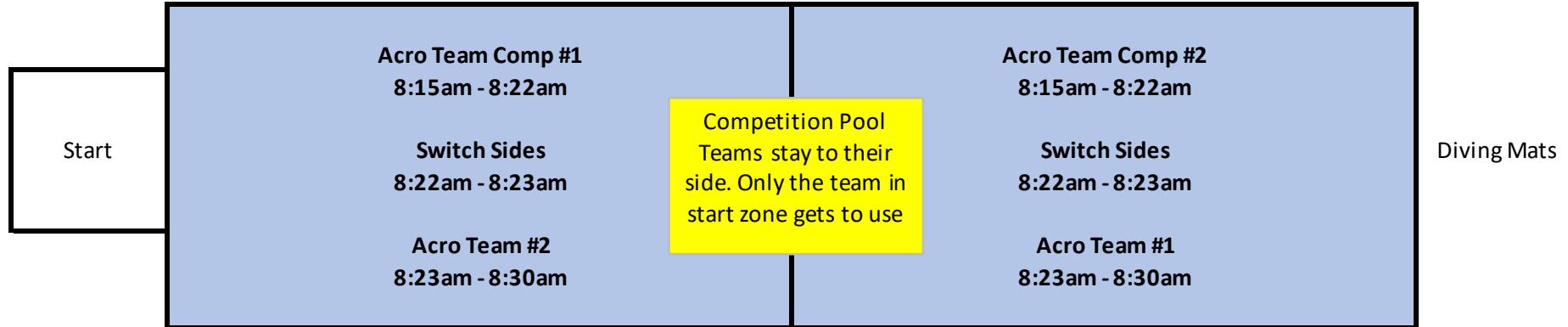


Acro Team & CUASL Novice Team Warm Up

Saturday January 24, 2026

8:15am - 8:30am

Dive Towers



Dive Tank Side

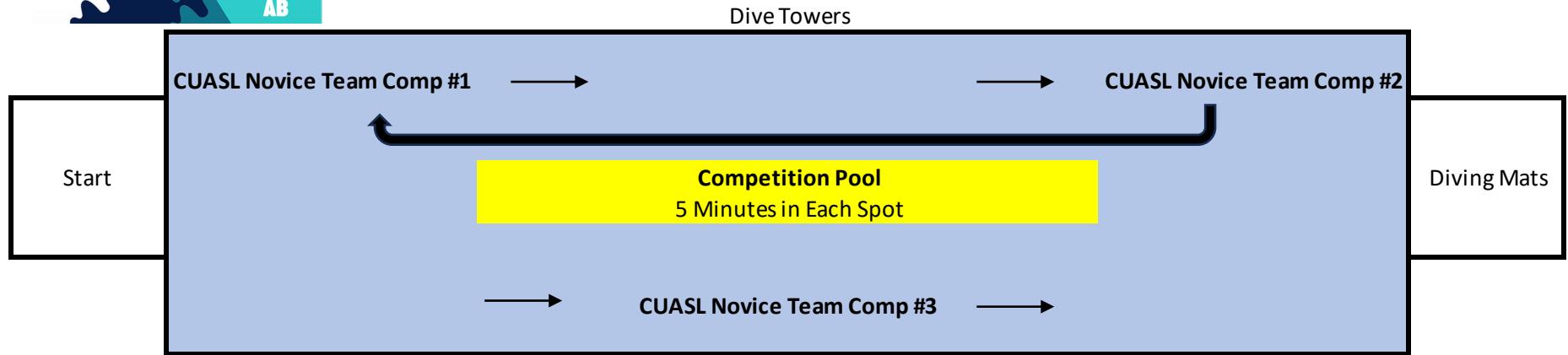




Acro Team & CUASL Novice Team Warm Up

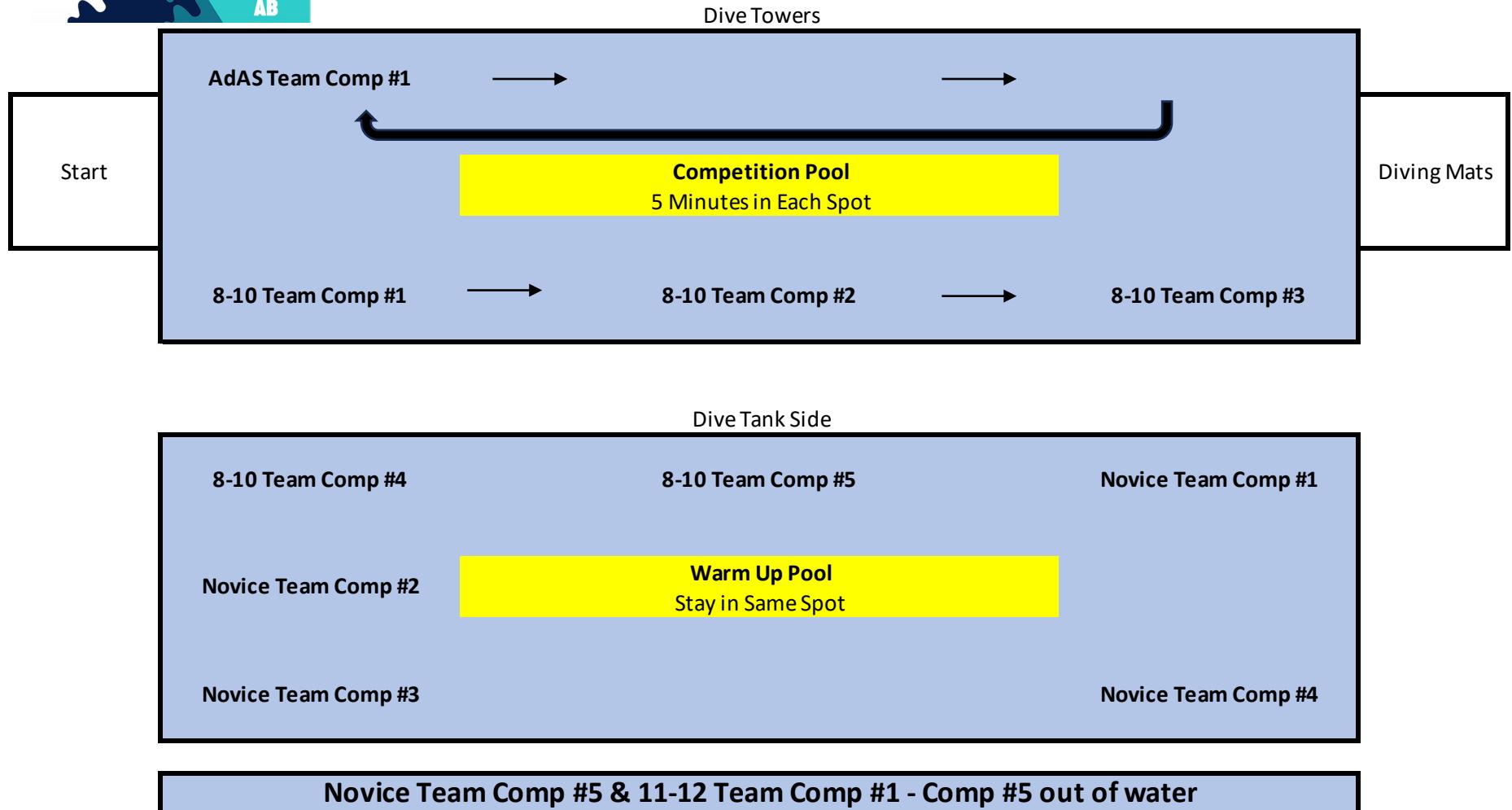
Saturday January 24, 2026

8:30am - 8:45am





AdAS, 8-10, Novice & 11-12 Team Warm Up
Saturday January 24, 2026
9:30am - 9:45am





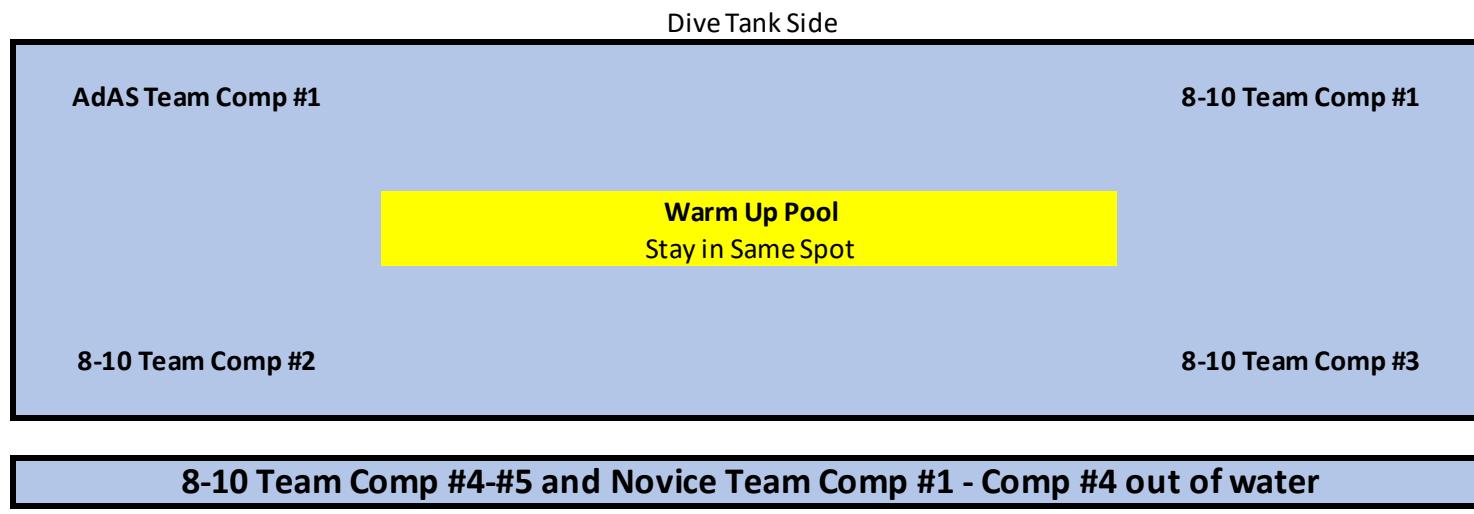
AdAS, 8-10, Novice & 11-12 Team Warm Up
Saturday January 24, 2026
9:45am - 10:00am



AdAS Comp #1 & 8-10 Team Comp #1 - Comp #3 out of water

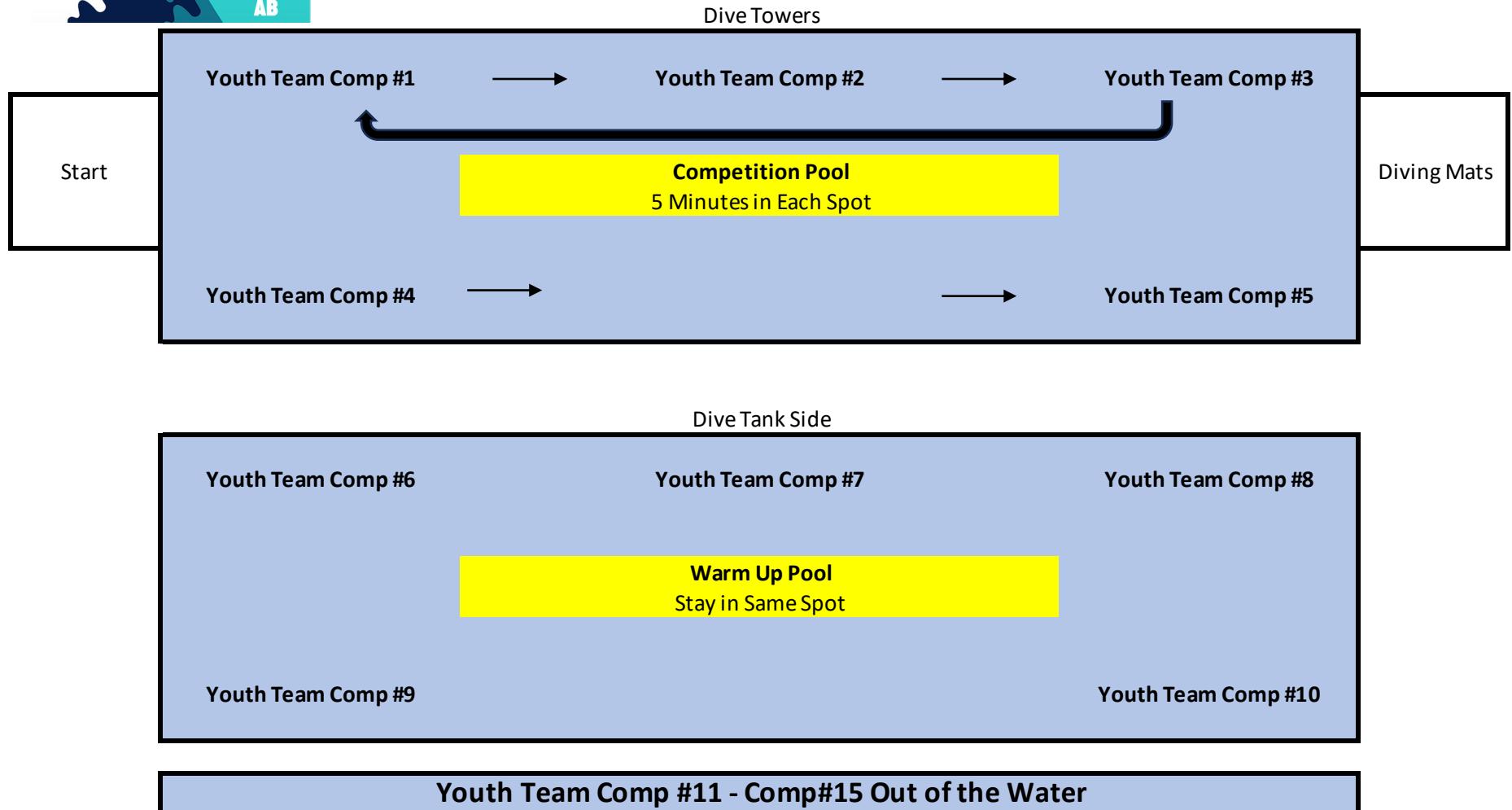


AdAS, 8-10, Novice & 11-12 Team Warm Up
Saturday January 24, 2026
10:00am - 10:15am



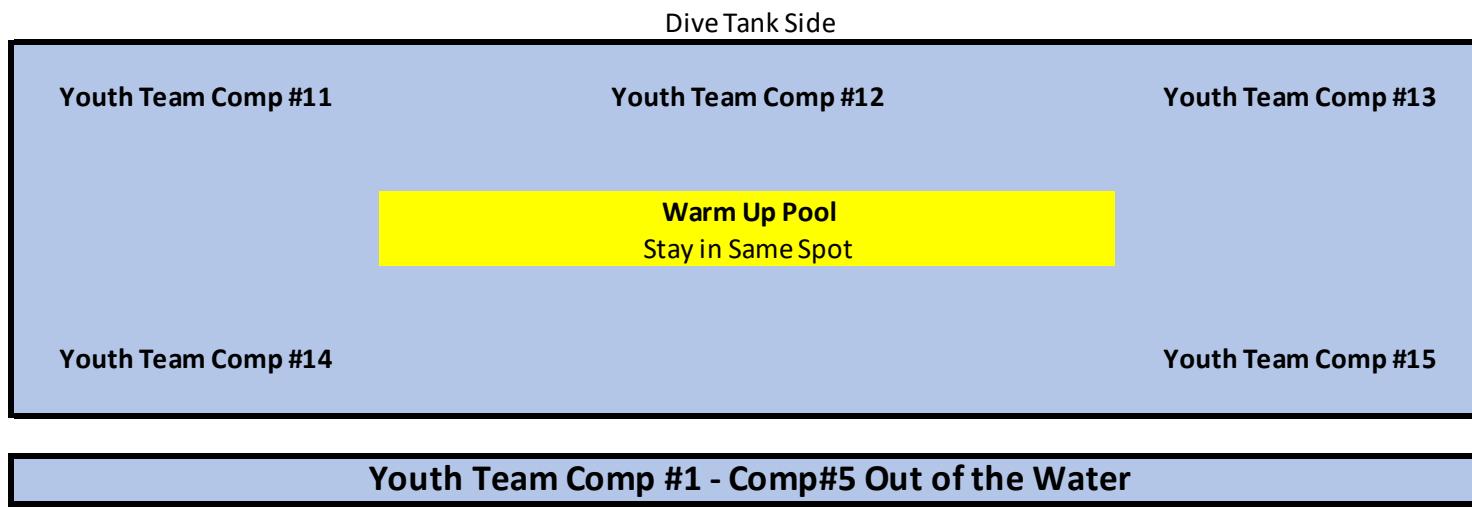


Youth Team Warm Up
Saturday January 24, 2026
12:15pm - 12:30pm



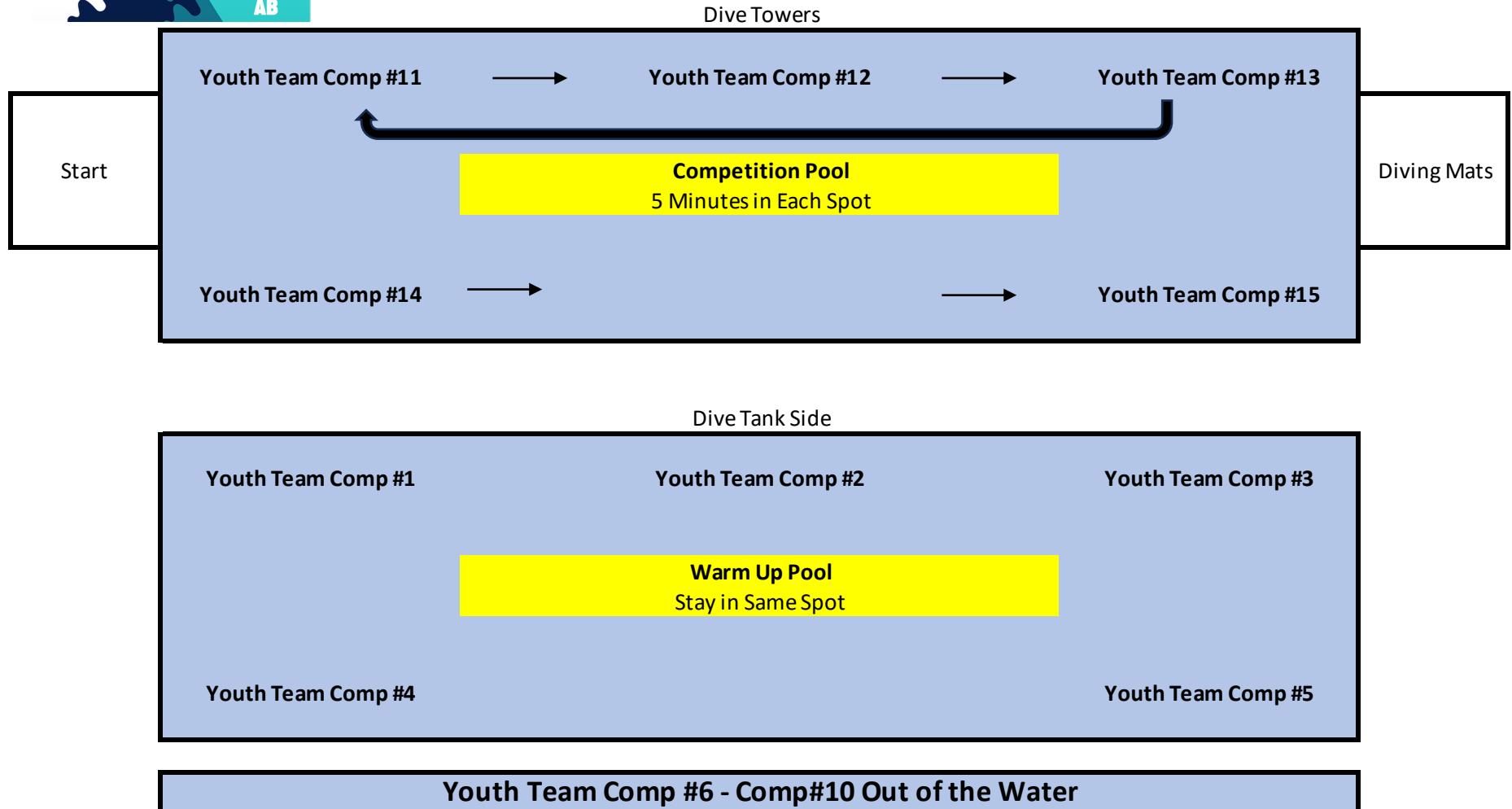


Youth Team Warm Up
Saturday January 24, 2026
12:30pm - 12:45pm



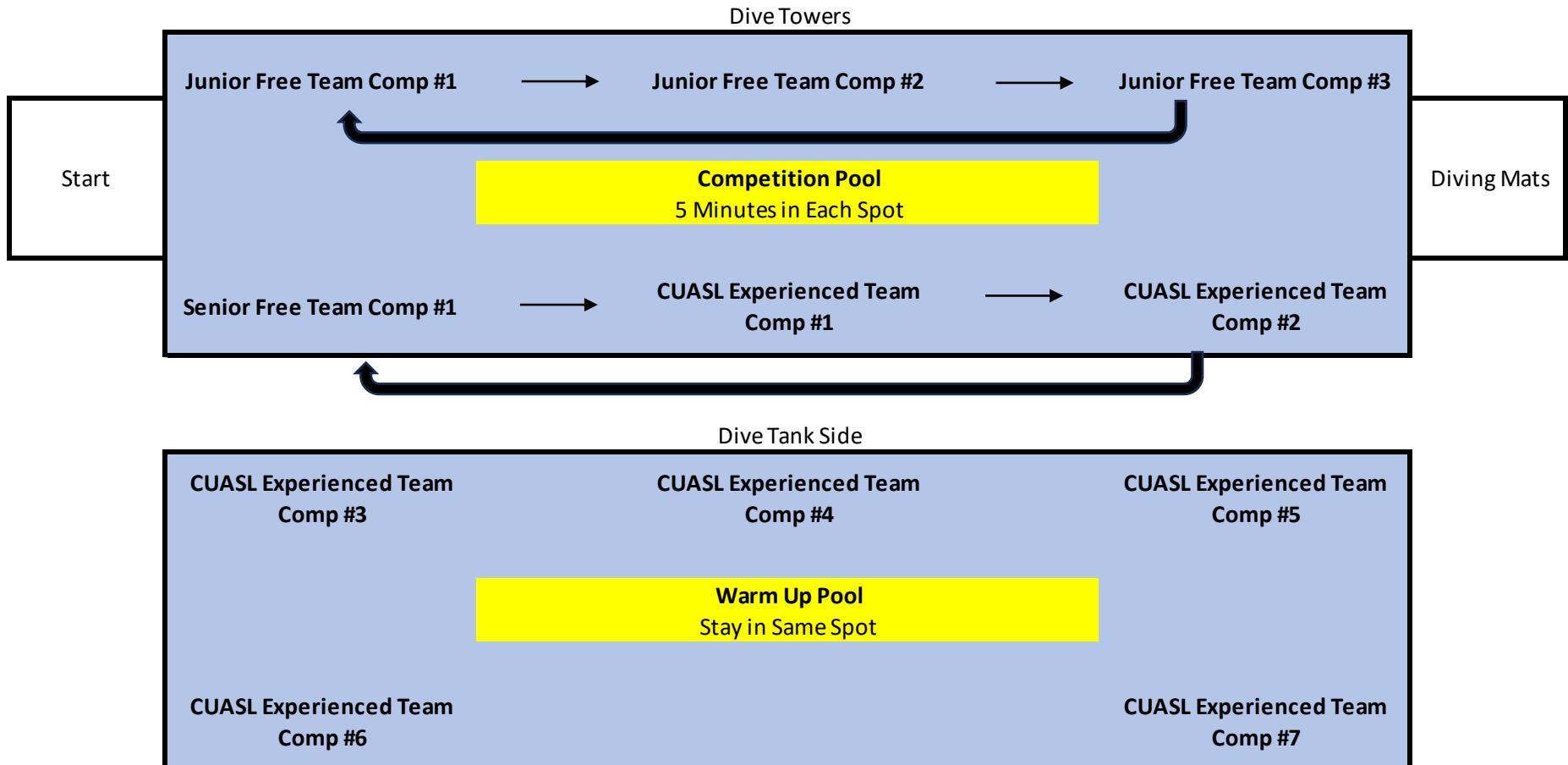


Youth Team Warm Up
Saturday January 24, 2026
12:45pm - 1:00pm





Junior/Senior Free Team & CUASL Experienced Team Warm Up
Saturday January 24, 2026
2:40pm - 2:55pm

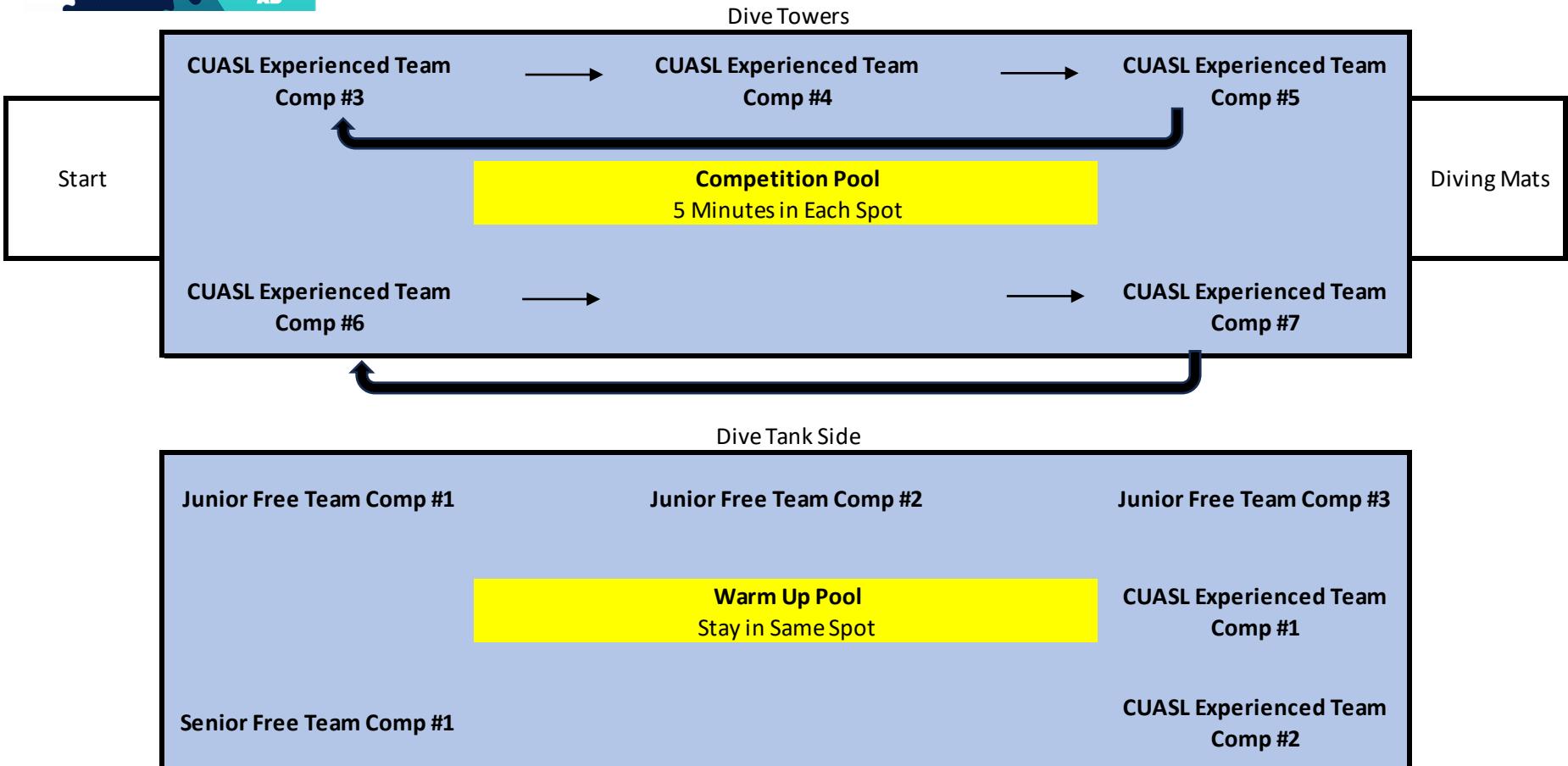




Junior/Senior Free Team & CUASL Experienced Team Warm Up

Saturday January 24, 2026

2:55pm - 3:10pm





Solo Warm Up Pool Specifications

Saturday January 24, 2026

4:20pm - 4:30pm AdAS Solos in dive tank, Novice & 11-12 Solos in DSM pool
4:30pm - 4:40pm Novice & 11-12 Solos in dive tank, AdAS Solos in DSM pool

6:20pm - 6:30pm Jr. Tech Solo Comp #1-10 & Sr. Tech Solo Comp #1 in dive tank, Sr. Tech Solo Comp #2-#5 and CUASL Solos in DSM
6:20pm - 6:30pm Sr. Tech Solo Comp #2-#5 and CUASL Solos in dive tank, Jr. Tech Solo Comp #1-10 & Sr. Tech Solo Comp #1 in DSM

Solo Warm Up Pool Specifications

Sunday January 26, 2026

7:10am - 7:25am All Junior and Senior Free Solo in dive tank

9:00am - 9:20am All Youth Solo in dive tank

Duet Warm Up Pool Specifications

Sunday January 26, 2026

10:45am - 11:00am Junior/Senior Tech Duet & CUASL Novice Duet in tank

11:45am - 12:00pm 8-10 & Novice Duet in tank

1:05pm - 1:15pm AdAS Duets in dive tank & 11-12 Duets in DSM pool
1:15pm - 1:25pm 11-12 Duets in dive tank & AdAS Duets in DSM pool

2:25pm - 2:35pm Youth Duets Comp #1-#10 in dive tank, Youth Duet Comp #11-#20 in DSM Pool
2:35pm - 2:45pm Youth Duets Comp #11-#20 in dive tank, Youth Duet Comp #1-#10 in DSM Pool

4:10pm - 4:20pm Junior Free Duet in dive tank & Senior Free Duet/CUASL Experienced Duet in DSM pool
4:20pm - 4:30pm Senior Free Duet/CUASL Experienced Duet in dive tank & Junior Free Duet in DSM pool