



| Wednesday, November 16, 2022 | | | | |
|------------------------------|--|-------------------|---------------------------|--------------------------|
| Class A | | | | |
| 9:00 a.m. | Team Registration (9:00 a.m. – 11:30 a.m.) | | | |
| 9:30 - 11:50 a.m. | Swimming and Diving Warm-Ups | | | |
| | Sections | Team Registration | Teams May Enter Pool Area | Practice Time |
| | 1 & 2 | 9:00 a.m. | 9:15 a.m. | 9:30 a.m. to 10:00 a.m. |
| | 3 & 5 | 9:30 a.m. | 9:45 a.m. | 10:00 a.m. to 10:30 a.m. |
| | 4 & 7 | 10:00 a.m. | 10:15 a.m. | 10:30 a.m. to 11:00 a.m. |
| | 6 & 8 | 10:30 a.m. | 10:45 a.m. | 11:00 a.m. to 11:30 a.m. |
| | Open Board | | | 11:30 a.m. to 11:50 a.m. |
| 12:00 Noon | Class A Girls Diving Preliminaries | | | |
| Class AA | | | | |
| 3:00 p.m. | Team Registration (3:00 p.m. – 5:30 p.m.) | | | |
| 3:30 - 5:50 p.m. | Swimming and Diving Warm-Ups | | | |
| | Sections | Team Registration | Teams May Enter Pool Area | Practice Time |
| | 1 & 2 | 3:00 p.m. | 3:15 p.m. | 3:30 p.m. to 4:00 p.m. |
| | 3 & 5 | 3:30 p.m. | 3:45 p.m. | 4:00 p.m. to 4:30 p.m. |
| | 4 & 7 | 4:00 p.m. | 4:15 p.m. | 4:30 p.m. to 5:00 p.m. |
| | 6 & 8 | 4:30 p.m. | 4:45 p.m. | 5:00 p.m. to 5:30 p.m. |
| | Open Board | | | 5:30 p.m. to 5:50 p.m. |
| 6:00 p.m. | Class AA Girls Diving Preliminaries | | | |
| Thursday, November 17, 2022 | | | | |
| Class A | | | | |
| 10:30 - 11:50 a.m. | Swimming and Diving Warm-ups | | | |
| 12:00 noon | Class A Girls Swimming Preliminaries | | | |
| Class AA | | | | |
| 4:30 - 5:50 p.m. | Swimming and Diving Warm-ups | | | |
| 6 p.m. | Class AA Girls Swimming Preliminaries | | | |
| Friday, November 18, 2022 | | | | |
| Class A | | | | |
| 10:30 - 11:50 a.m. | Swimming and Diving Warm-ups | | | |
| 12:00 noon | Class A Swimming and Diving Finals | | | |
| Class AA | | | | |
| 4:30 - 5:50 p.m. | Swimming and Diving Warm-ups | | | |
| 6:00 p.m. | Class AA Swimming and Diving Finals | | | |