

2019 AAU RED-WHITE-BLUE NATIONALS TIMELINE

Friday, May 24, 2019					
Open Warm-up: 9:00am - 6:00pm and 7:00pm - 8:30pm					
Athletes Check-in: 9:00am - 8:30pm					
Parents Townhall Meeting: 5:00pm - 5:50pm at the pool					
Coaches Meeting: 6:05pm -7:00pm					
Day 1 - Saturday, May 25, 2019					
SESSION 1					
Open Pool Deck for dryland: 6:30am					
Open Warm-up: 7:00am - 9:30am					
Event Warm-up: 9:30am - 9:52am					
Event: 10:00am - 11:35am					
Age		Level	Gender	Comb/Split	Board
18-19	A	1M	Boys	Combined	Blue/Green
20+	A+	1M	Girls	Combined	Blue/Green
16-17	A	3M	Girls	Split	Red/Black
14-15	B	3M	Girls	Split	Pink/Purple
SESSION 2					
Event Warm-up: 11:35am - 12:35pm					
Event: 12:35pm - 1:55pm					
Age		Level	Gender	Comb/Split	Board
16-17	A	1M	Boys	Split	Orange/Yellow
14-15	B	1M	Boys	Split	Blue/Green
SESSION 3					
Event Warm-up: 1:55pm - 2:55pm					
Event: 2:55pm - 4:00pm					
Age		Level	Gender	Comb/Split	Board
18-19	A	3M	Girls	Comb/Split	Pink/Purple
20+	A+	3M	Boys	Comb/Split	Pink/Purple
12-13	C	Tower	Girls	Combined	Tower
11&U	D	Tower	Girls	Combined	Tower
12-13	C	Tower	Boys	Combined	Tower
11&U	D	Tower	Boys	Combined	Tower
Open Warm-up 4:00pm - 6:00pm					
Celebration of Athletes: 6:00pm - Cook-out, Rip Contest					

Day 2 - Sunday, May 26, 2019					
SESSION 1					
Open Pool Deck for dryland: 6:30am					
Open Warm-up: 7:00am - 9:30am					
Event Warm-up: 9:30am - 9:52am					
Event: 10:00am - 11:45am					
Age		Level	Gender	Comb/Split	Board
16-17	A	1M	Girls	Split	Orange/Yellow
12-13	C	3M	Girls	-	Pink/Purple
14-15	B	Tower	Boys	Combined	Tower
14-15	B	Tower	Girls	Combined	Tower
SESSION 2					
Event Warm-up: 11:45am - 12:45pm					
Event: 12:45pm - 2:10pm					
Age		Level	Gender	Comb/Split	Board
10-11	D	1M	Boys	Combined	Orange/Yellow
9&U	E	1M	Boys	Combined	Orange/Yellow
20+	A+	1M	Boys	Combined	Orange/Yellow
12-13	C	1M	Boys		Blue/Green
18-19	A	3M	Boys	Combined	Red/Black
20+	A+	3M	Girls	Combined	Red/Black
SESSION 3					
Event Warm-up: 2:10pm - 3:10pm					
Event: 3:10pm - 4:20pm					
Age		Level	Gender	Comb/Split	Board
18-19	A	1M	Girls	Split	Blue/Green
10-11	D	3M	Girls	Combined	Red/Black
9&U	E	3M	Girls	Combined	Red/Black
16-17	A	3M	Boys	Split	Pink/Purple
Open Warm-up 4:20pm - 7:00pm					

- 1.- Competition start and end times are subject to change due to weather conditions or unforeseen circumstances
- 2.- Events will not start early
- 3.- Pool Deck opens at 6:30am for morning dryland
- 4.- Competition will continue if it rains unless lifeguards tell us otherwise

Day 3 - Monday, May 27, 2019					
SESSION 1					
Open Pool Deck for dryland: 6:30am					
Open Warm-up: 7:00am - 8:30am					
Event Warm-up: 8:30am - 8:52am					
Event: 9:00am - 10:55am					
Age		Level	Gender	Comb/Split	Board
14-15	B	1M	Girls	Comb/Split	Orange/Yellow
9&U	E	1M	Girls	Comb/Split	Orange/Yellow
14-15	B	3M	Boys	Comb/Split	Pink/Purple
10-11	D	3M	Boys	Comb/Split	Pink/Purple
9&U	E	3M	Boys	Comb/Split	Pink/Purple
18-19	A	Tower	Boys	Combined	Tower
16-17	A	Tower	Girls	Combined	Tower

SESSION 2					
Event Warm-up: 10:55am - 11:55am					
Event: 11:55am - 1:25pm					
Age		Level	Gender	Comb/Split	Board
12-13	C	1M	Girls	Comb/Split	Orange/Yellow
10-11	D	1M	Girls	Comb/Split	Orange/Yellow
12-13	C	3M	Boys	-	Pink/Purple
18-19	A	Tower	Girls	Combined	Tower
20+	A+	Tower	Girls	Combined	Tower
16-17	A	Tower	Boys	Combined	Tower
20+	A+	Tower	Boys	Combined	Tower

Dive Change Deadlines

- Session 1: (first events of each day) 8:00 PM CDT the night before
 Session 2+: 2 hours prior to the posted start time of the event