

Tarrin Gilliland and Samantha Pickens (Sam) will be competing at the 2019 USA Diving Winter Nationals in Minneapolis, Minnesota, December 17-22.

Sam competes in the women's individual 1 meter and individual and synchronized 3 meter springboard events. Her synchro partner is Carolina Sculti, a diver at Stanford University.

Tarrin competes in the individual and synchronized women's platform events. Her synchro partners are Olympian Jessica Parratto and Delaney Schnell, a diver at the University of Arizona.

They will compete for the opportunity to represent Team USA at the 2020 World Cup, held in Tokyo, Japan at the 2020 Olympic pool. The 2020 World Cup is the last international diving competition before the 2020 Summer Olympics.

USA Diving will live stream the events for fans to enjoy from home. The live stream link will be available during the competition times and can be found at:

USA Diving Website: www.teamusa.org/USA-Diving

USA Diving Facebook: www.facebook.com/USADiving/

USA Diving Tweeter: <https://twitter.com/usadiving>

Live results will be available at www.DiveMeets.com

Competition dates and times are below:

Tuesday, December 17 - Tarrin

10am – Synchro Women's 10 Meter Prelims (Top 12 qualify for Final)

4pm – Synchro Women's 10 Meter Final (1st Place qualifies for World Cup)

Wednesday, December 18 - Sam

10am – Synchro Women's 3 Meter Prelims (Top 12 qualify for Final)

4pm – Synchro Women's 3 Meter Final (1st Place qualify for World Cup)

Thursday, December 19 - Tarrin

12:45pm – Individual Women's 10 Meter Platform Prelims (Top 18 qualify for Semi-Final)

5:30pm – Individual Women's 10 Meter Platform Semi-Final (Top 12 qualify for Final)

Friday, December 20 - Sam

10am – Individual Women's 3 Meter Prelims (Top 18 qualify for Semi-Final)

4pm – Individual Women's 3 Meter Semi-Final (Top 12 qualify for Final)

Saturday, December 21 - Tarrin

11:20am – Individual Women's 10 Meter Platform Final (Top 2 qualify for World Cup)

Sunday, December 22 - Sam

10am – Individual Women's 3 Meter Final (Top 2 qualify for World Cup)

12:50pm – Individual Women's 1 Meter Prelims (Top 8 qualify for Final)

2:55pm – Individual Women's 1 Meter Final (Top 2 qualify for World Cup)

We're so proud of Sam and Tarrin and will be cheering them to win and represent Team USA in Tokyo!