

ASA East Region Diving Club Championships

Programme of Events

Timings are based on 35 seconds per dive and are therefore approximate. The organisers reserve the right to bring forward event start times by up to 30 minutes if possible and desirable. Please listen for announcements regarding any timing changes on the day.

Day 1

<u>Times:</u>		<u>Activity</u>	<u>Duration</u>
09:00	09:30	- General Training	00:30
09:30	09:50	- Restricted Training for Event 1	00:20
09:50	10:43	- Event 1 - 3m Girls / Women	00:53
10:43	11:03	- Restricted Training for Event 2	00:20
11:03	11:13	- Event 1 Medal Presentations	00:10
11:13	12:39	- Event 2 - 3m Boys / Men	01:26
12:39	12:59	- Restricted Training for Event 3	00:20
12:59	13:09	- Event 2 Medal Presentations	00:10
13:09	13:43	- Event 3 - Platform Girls / Women	00:34
13:43	14:03	- Restricted Training for Event 4	00:20
14:03	14:13	- Event 3 Medal Presentations	00:10
14:13	15:18	- Event 4 - Platform Boys / Men	01:05
15:18	15:38	- Restricted Training for Event 5	00:20
15:38	15:48	- Event 4 Medal Presentations	00:10
15:48	16:00	- Event 5 - Platform Synchro	00:12
16:00	16:15	- Event 5 Medal Presentations	00:15
16:15		- Finish	

Day 2

<u>Times:</u>		<u>Activity</u>	<u>Duration</u>
09:00	09:30	- General Training	00:30
09:30	09:50	- Restricted Training for Event 1	00:20
09:50	10:55	- Event 1 - 1m Girls / Women	01:05
10:55	11:15	- Restricted Training for Event 2	00:20
11:15	11:25	- Event 1 Medal Presentations	00:10
11:25	12:57	- Event 2 - 1m Boys / Men	01:32
12:57	13:17	- Restricted Training for Event 3	00:20
13:17	13:27	- Event 2 Medal Presentations	00:10
13:27	13:45	- Event 3 - 1m Synchro	00:18
13:45	14:00	- Event 3 Medal Presentations	00:15
14:00	14:10	- Club Championship Trophy Presentation	00:10
14:10		- Finish	