

<b>Saturday 12 November 2016</b>					
<b>Event No</b>	<b>Start</b>	<b>Finish</b>	<b>Description</b>	<b>Gender</b>	<b>Age Groups</b>
	9.30	10.00	Dry Dive Training	All	
	10.00	10.30	Water Training	All	
	10.35	10.45	Introduction of Athletes	All	
	10.45	11.00	Warm up		Event 1 only
Event 1	11.00		Platform	M&W	19-24, 25-29
Event 2			1 Metre Springboard	M&W	40-49, 50-59, 60-69, 70+ Novice19-24 & 50-59
Event 3			3 Metre Springboard	M&W	30-39
Event 4			1 Metre Springboard	M&W	19-24, 25-29
Event 5	Approx finish time	2.30	Platform	M&W	30-39, 40-49, 50-59, 60-69 & 70+
Commencing 2.00 pm, and will end approximately 3.00pm			Complimentary BBQ hosted by Paradise Diving Club. The medal ceremonies for all events will also take place during this time.		
Open Training	3.30	4.30	The pool will be available for any athlete wishing to train.		

<b>Sunday 13th November 2016</b>					
<b>Event No</b>	<b>Start</b>	<b>End</b>	<b>Description</b>	<b>Gender</b>	<b>Age Group</b>
	8.00	8.30	Dry Dive Training	All	
	8.30	9.00	Water Training	All	
	9.00	9.15	Warm up		Event 6 only
Event 6	9.15		3 Metre Springboard	M&W	19-24, 25-29
Event 7			1 Metre Springboard	M&W	30-39
Event 8			3 Metre Springboard	M&W	40-49, 50-59, 60-69, 70+
Event 9 and Event 10	Approx Finish time	12.05	Combined Synchro Mixed Board Heights	M&W	19-34 and 35+ Mixed
At the conclusion of the final event of the day, the medal ceremonies will take place					