

# Irish National Diving Championships 2011

## FRIDAY 4<sup>th</sup> NOVEMBER

12-4.30	General training
4.30-5.00	Restricted training
5.00	Masters Men Platform
5.30	Masters Women 3 m

## SATURDAY 5th November

	8.00.	General training			
	9.20. 9.50	Training Session 1 divers only			
		<b>Technical meeting</b>			
session 1	10,00	Senior		Men	1m
		Age group	D & E	Girls	3m
		Novice skills	C	Boys	circuit
		Novice skills	D & E	Girls	circuit
		Age Group	B & C	Boys	1m
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169 dives					
	1.30.	Training Session 2 divers only			
session 2	2,00.	Age group	A&B	Girls	3m
		Novice skills	C	girls	circuit
		Age group	E2/D	Boys	Platform
		Senior		Women	1m
		Age group	B&C	Boys	Platform
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159 dives					
	4,30.	Training Session 3 divers only			
session 3	5.00.	Age group	C	Girls	1m
		Age group	E2/D	Girls	Platform
		Novice skills	D & E	Boys	circuit
		Age group	A&B	Girls	Platform
		Masters		Women	Platform
		Senior		Men	3m
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110 dives					
until 8.00pm General Training					

## SUNDAY 7th November

	8.00.	General training			
	9.20 - 9.50	Training. Session 4 divers only			
session 4	10.00.	Age group	D & E	Boys	3m
		Age group	D & E	Girls	1m
		Novice skills	B+	Boys	circuit
		Novice skills	B+	Girls	circuit
		Masters		Men	1m
		Senior		Women	Platform
		Age group	D & E	Boys	1m
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145 dives					
	1.00.	Training. Session 5 divers only			
session 5	1.30.	Age group	C	Girls	3m
		Masters		Women	1m
		Age group	A&B	Girls	1m
		Age group	B&C	Boys	3m

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146 dives

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	4.00.	Training. Session 6 divers only			
session 6	4.30.	Masters	Men		3m
		Age group	C	Girls	Platform
		Senior	women		3m
		Senior	Men		Platform

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82 dives

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