



# Irish National Diving Championships 2010

## Timetable of Events

### FRIDAY 5<sup>th</sup> November

4:00pm - 8:00pm      General Training

### SATURDAY 6<sup>th</sup> November

8:00am                      General Training

9:20am - 9:50am      Training Session 1 divers only

### Technical Meeting

#### SESSION 1

10:00am	Senior		Men	1m
	Age Group	E2/D	Girls	3m
	Novice Skills	C	Boys	circuit
	Novice Skills	E/D	Girls	circuit
	Masters		Men	Platform
	Age Group	C/B+	Boys	1m

1:30pm                      Training Session 2 divers only

#### SESSION 2

2:00pm	Age Group	B+	Girls	3m
	Novice Skills	C	Girls	circuit
	Age Group	E2/D	Boys	Platform
	Seniors		Women	1m
	Masters		Women	3m
	Age Group	C/B+	Boys	Platform

4:30pm                      Training Session 3 divers only

#### SESSION 3

5:00pm	Age Group	C	Girls	1m
	Age Group	E2/D	Girls	Platform
	Novice Skills	E/D	Boys	circuit
	Age Group	B+	Girls	Platform
	Masters		Women	Platform
	Senior Men		Men	3m

Until 8:00pm              General Training



## SUNDAY 7<sup>th</sup> November

8:00am General Training

9:20am - 9:50am Training Session 4 divers only

### SESSION 4

10:00am	Age Group	E2/D	Boys	3m
	Age Group	E2/D	Girls	1m
	Novice Skills	B+	Boys	circuit
	Novice Skills	B+	Girls	circuit
	Masters		Men	1m
	Senior		Women	Platform
	Age Group	E2/D	Boys	1m

1:00pm Training Session 5 divers only

### SESSION 5

1:30pm	Age Group	C	Girls	3m
	Age Group	B+	Girls	1m
	Age Group	C/B+	Boys	3m

4:00pm Training Session 6 divers only

### SESSION 6

4:30pm	Age Group	C	Girls	Platform
	Senior		Women	3m
	Senior		Men	Platform
	Masters		Women	1m
	Masters		Men	3m