

**11<sup>th</sup> Singapore National Diving Championships 2020**  
**12<sup>th</sup> & 13<sup>th</sup> December 2020**  
**OCBC Aquatic Centre, Singapore Sports Hub**

**Day 1 - Saturday 12th December 2020 (Morning Session)**

Session 1	Event 1	8:00 AM <b>9:00 AM</b>	Warm up 1m Open Men 1m Open Women	Warm up refers to Diving Pool training (60 minutes). Dryland training is indicated separately as Earliest Entry time.
	Event 2	9:30 AM <b>10:30 AM</b>	Warm up 3m Open Men 3m Open Women	
	Event 3	10:50 AM <b>11:50 AM</b>	Warm up Platform Open Women Synchronised Platform Open Men	
		12:10 PM	End	

<b>1m Open</b>	<b>Sat AM</b>
Earliest Entry	07:00
Start Time	09:00
End	09:30

<b>3m Open</b>	<b>Sat AM</b>
Earliest Entry	08:20
Start Time	10:30
End	10:50

<b>Platform Open</b>	<b>Sat AM</b>
Earliest Entry	09:45
Start Time	11:45
End	12:15

**Day 1 - Saturday 12th December 2020 (Afternoon Session)**

Session 2	Event 4	1:30 PM <b>2:15 PM</b>	Warm up 3m Age Group E	Warm up includes Dryland and Diving Pool training.  Warm up refers to Diving Pool training (30 minutes). Dryland training is indicated separately as Earliest Entry time.
	Event 5	2:30 PM <b>3:00 PM</b>	Warm up 3m Age Group C/D Heat 1	
		3:20 PM <b>3:50 PM</b>	Warm up 3m Age Group C/D Heat 2	
Event 6	4:10 PM <b>4:40 PM</b>	Warmup 3m Age Group A/B		
		5:10 PM	End	

**Note: Divers in each colour code will be further broken down into Group X (left board) and Group Y (right board). No inter-mingling between groups at all times.**

## 11<sup>th</sup> Singapore National Diving Championships 2020

**12<sup>th</sup> & 13<sup>th</sup> December 2020**  
**OCBC Aquatic Centre, Singapore Sports Hub**

### Day 2 - Sunday 13th December 2020 (Morning Session)

Session 3	Event 7	8:30 AM	Warm up	Warm up includes Dryland and Diving Pool training.	
		9:00 AM	Poolside Age Group E Heat 1		
		9:20 AM	Warm up		
		9:35 AM	Poolside Age Group E Heat 2		
		9:50 AM	Warm up		
		10:05 AM	Poolside Age Group E Heat 3		
	Event 8	10:20 AM	Warm up		Warm up refers to Diving Pool training (15 minutes). Dryland training is indicated separately as Earliest Entry time.
		10:35 AM	Poolside Age Group E Heat 4		
		10:50 AM	Warm up		
		11:05 AM	Poolside Age Group C/D Heat 1		
		11:25 AM	Warm up		
		11:40 AM	Poolside Age Group C/D Heat 2		
Event 9	12:00 PM	Warm up			
	12:15 PM	Poolside Age Group C/D Heat 3			
	12:35 PM	Warm up			
		12:50 PM	Poolside Age Group A/B		
		1:00 PM	End		

### Day 2 - Sunday 13th December 2020 (Afternoon Session)

Session 4	Event 10	1:50 PM	Warm up	Warm up includes Dryland and Diving Pool training.	
		2:30 PM	1m Age Group E Heat 1		
		2:50 PM	Warm up		
		3:10 PM	1m Age Group E Heat 2		
		3:30 PM	Warm up		
		3:50 PM	1m Age Group E Heat 3		
	Event 11	4:10 PM	Warm up		Warm up refers to Diving Pool training (20 minutes). Dryland training is indicated separately as Earliest Entry time.
		4:30 PM	1m Age Group C/D Heat 1		
		4:55 PM	Warm up		
		5:15 PM	1m Age Group C/D Heat 2		
		5:30 PM	Warm up		
		5:50 PM	1m Age Group C/D Heat 3		
Event 12	6:10 PM	Warm up			
	6:30 PM	1m Age Group A/B			
		6:50 PM	End		

**Note: Divers in each colour code will be further broken down into Group X (left board) and Group Y (right board). No inter-mingling between groups at all times.**



# 11<sup>th</sup> Singapore National Diving Championships 2020

12<sup>th</sup> & 13<sup>th</sup> December 2020

OCBC Aquatic Centre, Singapore Sports Hub

<u>3m Age Group E</u>	<u>Sat PM</u>
Earliest Entry	13:30
Start Time	14:15
End	14:30

<u>Poolside Age Group E</u>	<u>Sun AM</u>
Earliest Entry	08:30
Start Time	09:00
End	09:20

<u>1m Age Group E</u>	<u>Sun PM</u>
Earliest Entry	13:50
Start Time	14:30
End	14:50

<u>3m Age Group E</u>	<u>Sat PM</u>
Earliest Entry	13:30
Start Time	14:15
End	14:30

<u>Poolside Age Group E</u>	<u>Sun AM</u>
Earliest Entry	08:45
Start Time	09:35
End	09:50

<u>1m Age Group E</u>	<u>Sun PM</u>
Earliest Entry	14:10
Start Time	15:10
End	15:30

<u>Poolside Age Group E</u>	<u>Sun AM</u>
Earliest Entry	09:00
Start Time	10:00
End	10:20

<u>1m Age Group E</u>	<u>Sun PM</u>
Earliest Entry	14:30
Start Time	15:50
End	16:10

<u>Poolside Age Group E</u>	<u>Sun AM</u>
Earliest Entry	09:20
Start Time	10:35
End	10:50

<u>3m Age Group C / D</u>	<u>Sat PM</u>
Earliest Entry	14:00
Start Time	15:00
End	15:20

<u>Poolside Age Group C / D</u>	<u>Sun AM</u>
Earliest Entry	09:50
Start Time	11:05
End	11:25

<u>1m Age Group C / D</u>	<u>Sun PM</u>
Earliest Entry	14:50
Start Time	16:30
End	16:50

<u>Poolside Age Group C / D</u>	<u>Sun AM</u>
Earliest Entry	10:20
Start Time	11:40
End	12:00

<u>1m Age Group C / D</u>	<u>Sun PM</u>
Earliest Entry	15:30
Start Time	17:10
End	17:30

<u>3m Age Group C / D</u>	<u>Sat PM</u>
Earliest Entry	14:30
Start Time	15:45
End	16:10

<u>Poolside Age Group C / D</u>	<u>Sun AM</u>
Earliest Entry	10:50
Start Time	12:15
End	12:30

<u>1m Age Group C / D</u>	<u>Sun PM</u>
Earliest Entry	16:10
Start Time	17:50
End	18:10

<u>3m Age Group A / B</u>	<u>Sat PM</u>
Earliest Entry	15:00
Start Time	16:40
End	17:00

<u>Poolside Age Group A / B</u>	<u>Sun AM</u>
Earliest Entry	11:25
Start Time	12:45
End	13:00

<u>1m Age Group A / B</u>	<u>Sun PM</u>
Earliest Entry	16:50
Start Time	18:30
End	18:50

**Note:** Divers in each colour code will be further broken down into Group X (left board) and Group Y (right board).  
No inter-mingling between groups at all times.