

School Sport Australia Draft Diving Program 2009

Day 1

3-5pm Training

Day 2

Opening Ceremony
Warm up

16 years boys springboard
10 years boys springboard
13-14 years girls platform
15 years girls springboard
17-19 years girls platform
11 years boys springboard
10-12 years girls platform

Day 3

8.30am Warm up
9.30am
10-12 years boys platform
16 years girls springboard
13-14 years boys platform
10 years girls springboard
12 years girls springboard
17-19 years boys platform
17-19 years girls springboard
15 years boys springboard

Day 4

8.30am Warm up
9.30am
14 years boys springboard
14 years girls springboard
13 years boys springboard
13 years girls springboard
17-19 years boys springboard
10-12 years girls synchronised
10-12 years boys synchronised
15-16 years boys synchronised
15-16 years girls synchronised

Day 5

Educational Excursion Day

Day 6

8.30am Warm up
9.30am
15-16 years boys platform
11 years girls springboard
15-16 years girls platform
12 years boys springboard
13-14 years boys synchronised
13-14 years girls synchronised
17-19 years girls synchronised
17-19 years boys synchronised

Day 7

8.30am Warm up
9.30am Team Event