



SINGAPORE
DIVING



2011 SINGAPORE OPEN DIVING INVITATIONAL
8-10 July Toa Payoh, Swimming Complex, Singapore.

TRAINING

July 6	Wed	Training	9.00am-12noon	+	4.00pm-7.00pm
July 7	Thrs	Training	9.00am-12noon	+	4.00pm-7.00pm
July 8	Fri	Training	9.00am-12noon	+	2.00pm-3.45pm
July 9	Sat	Training	8.00am-10.00am	+	1.00pm-4.00pm
July 10	Sun	Training	8.00am-10.00am	+	12.30pm-3.00pm

COMPETITION

July 8 Friday

SESSION 1

4.00pm-8.00pm

101	OPEN	Women	1m	5 from 5 groups
102	B	Boys	PF	<u>4@7.6</u> + 3
103	OPEN	Men	1m	6 from 5 groups
104	C	Boys	5m PF	<u>3@5.4</u> + 3
105	C	Girls	3m	<u>3@5.4</u> + 3

OPENING CEREMONY

7.00pm-7.15pm

106	B/C	Girls/Boys	5m Synchronized	<u>2@2.0each</u> + 2
107	OPEN	Women	3m Synchronized	<u>2@2.0each</u> + 3

FINISH 8.00pm



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July 9 Saturday

		SESSION 2	10.00am-1.00pm	
201	B	Girls	3m	4@7.6 + 3
202	B	Boys	3m	4@7.6 + 3
203	C	Boys	3m	<u>3@5.4</u> + 3
204	C	Girls	1m	<u>3@5.4</u> + 3
205	OPEN	Women	3m	5 from 5 groups

SESSION 3

			4.00pm-6.00pm	
301	OPEN	Men	PF	6 from 6 groups
302	D	Girls/Boys	3m	any 4 dives
303	B/C	Boys	3m Synchronized	<u>2@2.0each</u> + 2
304	B/C	Girls	3m Synchronized	<u>2@2.0each</u> + 2

FINISH 6.00pm

July 10 Sunday

		SESSION 4	10.00am-12.30pm	
401	OPEN	Men	3m	6 from 5 groups
402	C	Girls	5m	<u>3@5.4</u> + 3
403	OPEN	Women	PF	5 from 5 groups
404	C	Boys	1m	<u>3@5.4</u> + 3

SESSION 5

			3.00pm-4.10pm	
501	B	Boys	1m	<u>4@7.6</u> + 3
502	B	Girls	1m	<u>4@7.6</u> + 3
503	OPEN	Men	3m Synchronized	<u>2@2.0each</u> + 4
504	OPEN	Women	PF Synchronized	<u>2@2.0each</u> + 3

FINISH 4.10pm

SESSION 6 6.30pm-9.00pm (By Invitation Only)
PRESENTATIONS & OFFICIAL DINNER

OPEN	Any Age
"B"	14+15 yrs old [born 1997 + 1996]
"C"	13 yrs + under [born 1998 or later]
"D"	11 yrs + under [born 2000 or later]

