

**MONDAY DECEMBER 4TH — LUNDI 4 DÉCEMBRE**

Event - Épreuve	Start - Début	End - Fin
Dryland Training	8:00:00 AM	9:00:00 AM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>9:00:00 AM</b>	<b>11:00:00 AM</b>
Dryland Training	12:00:00 PM	1:00:00 PM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>1:00:00 PM</b>	<b>3:00:00 PM</b>

**TUESDAY DECEMBER 5TH — MARDI 5 DÉCEMBRE**

Event - Épreuve	Start - Début	End - Fin
Dryland Training	8:00:00 AM	9:00:00 AM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>9:00:00 AM</b>	<b>11:00:00 AM</b>
Dryland Training	12:00:00 PM	1:00:00 PM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>1:00:00 PM</b>	<b>3:00:00 PM</b>

**WEDNESDAY DECEMBER 6TH — MERCREDI 6 DÉCEMBRE**

Event - Épreuve	Start - Début	End - Fin
Dryland Training	8:00:00 AM	9:00:00 AM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>9:00:00 AM</b>	<b>11:00:00 AM</b>
Dryland Training	12:00:00 PM	1:00:00 PM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>1:00:00 PM</b>	<b>3:00:00 PM</b>

**THURSDAY DECEMBER 7TH — JEUDI 7 DÉCEMBRE**

Event - Épreuve	Start - Début	End - Fin
Dryland Training	8:00:00 AM	9:00:00 AM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>9:00:00 AM</b>	<b>11:00:00 AM</b>
Dryland Training	12:00:00 PM	1:00:00 PM
<b>OPEN TRAINING ALL HEIGHTS</b>	<b>1:00:00 PM</b>	<b>3:00:00 PM</b>
<b>TECHNICAL MEETING @ POOL</b>	<b>3:00:00 PM</b>	<b>4:00:00 PM</b>

## FRIDAY DECEMBER 8TH — VENDREDI 8 DÉCEMBRE

Event - Épreuve	Start - Début	End - Fin
Dryland Training	8:00:00 AM	9:00:00 AM
<b>RESTRICTED TRAINING FOR JUNIOR ALL HEIGHTS</b>	<b>9:00:00 AM</b>	<b>9:45:00 AM</b>
<b>HIGH DIVING JUNIOR DEVELOPMENT - GIRLS &amp; BOYS</b> Prelims - Rounds 1 and 2	9:45:00 AM	9:55:00 AM
<b>RESTRICTED TRAINING HIGH DIVING JR ELITE (1 dive each)</b>	<b>9:55:00 AM</b>	<b>10:05:00 AM</b>
<b>HIGH DIVING JUNIOR ELITE - GIRLS &amp; BOYS</b> Prelims - Rounds 1 and 2	10:05:00 AM	10:18:00 AM
<b>RESTRICTED TRAINING FOR SENIOR ALL HEIGHTS — LUNCH BREAK</b>	<b>10:18:00 AM</b>	<b>11:28:00 AM</b>
<b>HIGH DIVING SENIOR - GIRLS &amp; BOYS</b> Prelims - Rounds 1 and 2	11:33:00 AM	12:30:00 PM
<b>OPEN TRAINING ALL HEIGHTS (until 2PM)</b>	<b>12:30:00 PM</b>	<b>2:00:00 PM</b>

## SATURDAY DECEMBER 9TH — SAMEDI 9 DÉCEMBRE

Event - Épreuve	Start - Début	End - Fin
Dryland Training	8:00:00 AM	9:00:00 AM
<b>RESTRICTED TRAINING FOR JUNIOR ALL HEIGHTS</b>	<b>9:00:00 AM</b>	<b>9:45:00 AM</b>
<b>ATHLETE PRESENTATION - DEVELOPMENT &amp; ELITE*</b>	<b>9:48:00 AM</b>	<b>9:58:00 AM</b>
<b>HIGH DIVING JUNIOR DEVELOPMENT - GIRLS &amp; BOYS</b> Finals - Round 3	10:00:00 AM	10:04:00 AM
<b>Break to Re-Order for Round 4 (NO training)</b>	10:04:00 AM	10:14:00 AM
<b>HIGH DIVING JUNIOR DEVELOPMENT - GIRLS &amp; BOYS</b> Finals - Round 4	10:14:00 AM	10:18:00 AM
<b>RESTRICTED TRAINING FOR HIGH DIVING JR ELITE (1 dive each)</b>	<b>10:18:00 AM</b>	<b>10:28:00 AM</b>
<b>HIGH DIVING JUNIOR ELITE - GIRLS &amp; BOYS</b> Finals - Round 3	10:33:00 AM	10:39:00 AM
<b>Break to Re-Order for Round 4 (NO training)</b>	10:39:00 AM	10:49:00 AM
<b>HIGH DIVING JUNIOR ELITE - GIRLS &amp; BOYS</b> Finals - Round 4	10:49:00 AM	10:55:00 AM
<b>RESTRICTED TRAINING FOR SENIOR ALL HEIGHTS — LUNCH BREAK</b>	<b>10:55:00 AM</b>	<b>12:05:00 PM</b>
<b>ATHLETE PRESENTATION - SENIOR*</b>	<b>12:10:00 PM</b>	<b>12:25:00 PM</b>
<b>HIGH DIVING SENIOR - GIRLS &amp; BOYS</b> Finals - Round 3	12:30:00 PM	12:58:00 PM
<b>Break to Re-Order for Round 4 (NO training)</b>	12:58:00 PM	1:08:00 PM
<b>HIGH DIVING SENIOR - GIRLS &amp; BOYS</b> Finals - Round 4	1:08:00 PM	1:36:00 PM
<b>AWARDS</b>		

\*Athlete presentations may be cancelled if the weather forecast of the day is not looking great.

\*\*If we are running in advance, we will keep the advance.

\*\*\*Schedule is subject to last minute change(s).