



14th Singapore National Diving Championships
30th August – 1st September 2024
OCBC Aquatic Centre

Open Training Timings:

28th August, Wednesday: *dryland* open: 9am – 8pm, *pool* open: 4pm – 8pm

➤ no transport provided

29th August, Thursday: *dryland* open: 9am – 6:30pm, *pool* open: 10am – 12pm, 4pm – 6pm

30th August, Friday: *dryland* open: 9am – 8pm, *pool* open: 10am – 1pm, 3pm to start of competition

Competition Schedule:

Day 1 – 30th August Friday

Event no.	Time	Event
	0900	<i>Doors open (for athletes)</i>
	1000	<i>Pool Open Warmup</i>
	1300	<i>Pool Close</i>
	1500	<i>Pool Open Warmup</i>
	1630	<i>Doors open (for spectators)</i>
Event 1	1700	Open Men 1m
		Open Women 1m
	1730	Warm-up (20mins)
Event 2	1750	Age Group A Boys 3m Springboard
		Age group A Girls 3m Springboard
	1840	Warm-up (20mins)
Event 3	1900	Age Group B Boys 1m Springboard
		Age Group B Girls 1m Springboard
	2000	<i>Medal Ceremony</i>
	2030	Doors close

Day 2 – 31st August Saturday

Event no.	Time	Event
	0745	<i>Doors open (for athletes)</i>
	0800	Pool Open Warm-up
	0900	<i>Doors open (for spectators)</i>
Event 4	1000	Age Group C Boys 3m Springboard
		Age Group C Girls 3m Springboard
		Age Group D Boys 3m Springboard
		Age Group D Girls 3m Springboard

	1100	Warm-up (20mins)
Event 5	1120	Age Group B Boys Platform
		Age Group B Girls Platform
	1215	Warm-up (75mins)
Event 6	1330	Age Group A Boys 1m Springboard
		Age Group A Girls 1m Springboard
	1430	Warm-up (15mins)
Event 7	1450	Age Group C Boys Platform
		Age Group C Girls Platform
		Age Group D Boys Platform
		Age Group D Girls Platform
	1550	Warm-up (30mins)
Event 8	1620	Open Men 3m Springboard
		Open Women 3m Springboard
	1650	Warm-up (20mins)
Event 9	1710	Open Men Platform Synchronised
		Open Women Platform Synchronised
		Age A/B Boys Platform Synchronised
		Age A/B Girls Platform Synchronised
	1740	<i>Medal Ceremony</i>
	1800	Doors close

Day 3 – 1st September Sunday

Event no.	Time	Event
	0745	<i>Doors open (for athletes)</i>
	0800	Pool Open Warm-up
	0900	<i>Doors open (for spectators)</i>
Event 10	0930	Open Men 3m Springboard Synchronised
		Open Women 3m Springboard Synchronised
		Age A/B 3m Springboard Synchronised
		Age A/B 3m Springboard Synchronised
		Open Mixed 3m Springboard Synchronised
	0945	Warm-up (15mins)
Event 11	1000	Age Group C Boys 1m Springboard
		Age Group C Girls 1m Springboard
		Age Group D Boys 1m Springboard
		Age Group D Girls 1m Springboard
	1110	Warm-up (30mins)



Event 12	1140	Open Men Platform
		Open Women Platform
	1215	Warm-up (75mins)
Event 13	1330	Age Group B Boys 3m Springboard
		Age Group B Girls 3m Springboard
	1430	Warm-up (30mins)
Event 14	1500	Age Group A Boys Platform
		Age Group A Girls Platform
	1700	<i>Medal Ceremony</i>
	1800	Doors close

*Event schedule is subject to change.

Note:

Restricted warm-up 15 – 30 mins before event is for competing divers on the respective board only and includes march-out.