

HIGH DIVING - Training and Competition Schedule

Date	Hours	Activity	Location
07/17 (D-5)	13:00 – 14:30	Training Women 5m, 7.5m, 10m	Chosun University Football Field Competition Pool
	14:30 – 16:30	Training Men 5m, 7.5m, 10m	
07/18 (D-4)	11.00 - 12.30	Training Women 5m, 7.5m, 10m	Chosun University Football Field Competition Pool
	12:30 – 14:30	Training Men 5m, 7.5m, 10m	
07/19 (D-3)	11.00 - 12.30	Training Women 5m, 7.5m, 10m	Chosun University Football Field Competition Pool
	12:30 – 14:30	Training Men 5m, 7.5m, 10m	
07/20 (D-2)	10.30 - 11.00	Training Women 5m, 7.5m, 10m	Chosun University Football Field Competition Pool
	11.00 - 12.30	Training Women 20m	
	12.30 - 13.15	Training Men 5m, 7.5m, 10m	
	13.15 - 15.15	Training Men 20m / 27m	
07/21 (D-1)	10.30 - 11.00	Training Women 5m, 7.5m, 10m	Chosun University Football Field Competition Pool
	11.00 - 12.30	Training Women 20m	
	12.30 - 13.15	Training Men 5m, 7.5m, 10m	
	13.15 - 15.15	Training Men 20m / 27m	
07/22 (D1)	10.30 - 11.20	Women warm up dives	Chosun University Football Field Competition Pool
	11.44 - 12.41	Women competition (round 1-2)	
	12.45 - 13.50	Men warm up dives	
	14.16 - 15.29	Men competition (round 1-2)	
	15.30 - 16.15	Training Women 20m	
	16.15 - 17.30	Training Men 20m / 27m	
07/23 (D2)	11.00 - 11.50	Women warm up dives	Chosun University Football Field Competition Pool
	12.14 - 13.03	Women competition (round 3-4)	
	13.07 – 13.14	Award Ceremony 20m	
	13.15 - 15.00	Training Men 20m / 27m	
07/24 (D3)	10.45 - 11.50	Men warm up dives	Chosun University Football Field Competition Pool
	12.16 - 13.18	Men competition (round 3-4)	
	13.22 – 13.29	Award Ceremony 27m	

July 15, 2019