

Nordic Diving Championships December 6-8 2019

Eriksdalsbadet – Stockholm - Sweden







Practice

Day	Wednesday 4/12	Thursday 5/12	Friday 6/12	Saturday 7/12	Sunday 8/12
25m pool		12.00 – 18.00	07.00 – 09.00 12.00 – 14.00 19.00 – 21.00	07.00 – 09.00 Between events and lunchbreak NO practice after last event	07.00 – 10.30 Between events NO practice after last event
Circle pool	08.00-16.00	08.00 – 20.00	07.00 – 09.25 Between events and lunchbreak After last event – 20.00	07.00 – 09.00 Practice is possible between 09.00 – 16.00 BUT Dive Schools will be running as well NO practice after last event	07.00 – 09.00 NO practice after last event in Circle pool



Competition program

Friday December 6

09.30

 Team event	Circle Diving pool boards
 1m Boys B	Circle Diving pool boards
 1m Girls C	Circle Diving pool boards
 1m Girls A	Circle Diving pool boards
 1m Boys A	Circle Diving pool boards
 Platform Synchro. Senior	Circle Diving pool boards

14.30


 1m Boys C	Circle Diving pool boards
 1m Women	Circle Diving pool boards
 1m Girls B	Circle Diving pool boards
 1m Men	Circle Diving pool boards
 Platform Synchro Girls/ Boys	Circle Diving pool boards

Saturday December 7





09.00

 Platform Boys C	25m pool boards
 3m Boys B	25m pool boards
 Platform Girls B	25m pool boards
 3m Girls A	25m pool boards
 Platform Girls C	25m pool boards
 3m Synchro Boys/Girls	25m pool boards

15.00









 Opening Ceremony - 25m pool	
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15.30

 3m Men	25m pool boards
 Platform Women	25m pool boards
 3m Synchro Men/Women	25m pool boards
 Platform Boys A	25m pool boards

Sunday December 8

09.00

 3m Girls C	25m pool boards
 Platform Boys B	25m pool boards
 3m Girls B	25m pool boards
 3m Boys C	25m pool boards
 Platform Girls A	25m pool boards
 3m Women	25m pool boards
 3m Boys A	25m pool boards
 Platform Men	25m pool boards