**PROGRAMME OUTLINE**

**SOUTH AFRICAN NATIONAL DIVING PROGRAMME 2024**

**SENIOR AND YOUTH GAMES**

TECHNICAL DIVING COMMITTEE

SWIMMING SOUTH AFRICA

**Tuesday, 9 April 2024**

* Free Training – times TBC
* SA Technical Diving Committee Meeting
* SA Selection Committee Meeting: Preliminary

**Wednesday, 10 April 2024**

* Free Training – times TBC
* Dive Sheet submission and signing
* Judges’ Meeting for all judges (refresher/competency test)
* Technical Meeting

**Thursday, 11 April 2024 Competition Day 1**

**Morning**

Training

**Afternoon**

Boys & Girls Group A 3m Prelim

Boys & Girls Group A 3m Final

**Friday, 12 April 2024 Competition Day 2**

**Morning (10:00 start)**

Men & Women 1m Prelim

Men & Women 1m Semi Finals

**Afternoon (16:00 start)**

Men & Women 1m Final

**Saturday, 13 April 2024 Competition Day 3**

**Morning**

Boys & Girls Group B 3m Prelim

Boys & Girls Group A 1m Prelim

**Afternoon**

Boys & Girls Group B 3m Final

Boys & Girls Group A 1m Final

**Sunday, 14 April 2024 Competition Day 4**

**Morning (10:00 start)**

Men & Women 3m Prelim

Men & Women 3m Semis

**Afternoon (16:00 start)**

Men & Women 3m Final

**Monday, 15 April 2024 Competition Day 5**

**Morning (10:00 start)**

Men & Women 3m Synchronised Prelim

Girls & Boys Group A/B 3m Synchronised Final

Mixed 3m Synchronised Prelim

**Afternoon (15:00 start)**

Men & Women 3m Synchronised Final

Mixed 3m Synchronised Final

**Tuesday, 16 April 2024 Competition Day 6**

**Morning (10:00 start)**

Boys & Girls Group B 1m Prelim

Boys & Girls Group B 1m Final

**Afternoon (15:00 start)**

Group B Platform Final

Group A Platform Final

Men & Women Platform Final

Final Awards Presentation