



DIVING

22-28 June, 2023

Rzeszów Diving Arena

Date	Time	Type	Competition Phase
Monday, 19th June 2023		Arrival Day	
Tuesday, 20th June 2023		Training Day	
Wednesday, 21st June 2023		Training Day	
Thursday, 22nd June 2023		Competition Day 1	
Morning session	08:00-11:00	Morning Training	
Afternoon session	13:15-16:45	Warm-Up	
	17:00-17:40	Mixed Team Event 3m/10m	Final
	17:50 - 18:00	Mixed Team Event 3m/10m	Medal Ceremony
Friday, 23rd June 2023		Competition Day 2	
	7:45 -9:45	Warm-Up	
Morning session	10:00 - 11:05	Women 10m Platform	Preliminaries
Afternoon session	11:20 - 14:45	Warm-Up	
	15:00-15:55	Mixed Synchronised 3m Springboard	Final
	16:05-16:15	Mixed Synchronised 3m Springboard	Medal Ceremony
	16:30-19:45	Warm-Up	
	20:00-21:00	Women 10m Platform	Final
	21:10-21:20	Women 10m Platform	Medal Ceremony
Saturday, 24th June 2023		Competition Day 3	
	7:45-9:45	Warm-Up	
Morning session	10:00-12:15	Men 3m Springboard	Preliminaries



Afternoon session	12:30-14:45	Warm-Up	
	15:00-15:25	Mixed Synchronised Platform	Final
	15:35 – 15:45	Mixed Synchronised Platform	Medal Ceremony
	16:00-18:45	Warm-Up	
	19:00-20:10	Men 3m Springboard	Final
	20:20-20:30	Men 3m Springboard	Medal Ceremony
Sunday, 25th June 2023		Competition Day 4	
Morning session	07:45-9:45	Warm-Up	
	10:00-11:35	Women 3m Springboard	Preliminaries
Afternoon session	11:50-14:45	Warm-Up	
	15:00-15:50	Men Synchronised Platform	Final
	16:00 - 16:10	Men Synchronised Platform	Medal Ceremony
	16:25-18:45	Warm-Up	
	19:00-20:00	Women 3m Springboard	Final
	20:10-20:20	Women 3m Springboard	Medal Ceremony
Monday, 26th June 2023		Competition Day 5	
Morning session	07:45-9:45	Warm-Up	
	10:00-12:10	Men 1m Springboard	Preliminaries
Afternoon session	12:25-15:45	Warm-Up	
	16:00-17:00	Women Synchronised 3m Springboard	Final
	17:10-17:20	Women Synchronised 3m Springboard	Medal Ceremony
	17:25-17:45	Warm-Up	
	18:00-19:10	Men 1m Springboard	Final
	19:20-19:30	Men 1m Springboard	Medal Ceremony
Tuesday, 27th June 2023		Competition Day 6	
Morning session	07:45-09:45	Warm-Up	
	10:00-11:25	Men Platform	Preliminaries
Afternoon session	11:40-15:45	Warm-Up	
	16:00-16:40	Women Synchronised Platform	Final
	16:45-17:45	Warm-Up	
	18:00-19:10	Men Platform	Final



	19:20-19:30	Women Synchronised Platform	Medal Ceremony
	19:30-19:40	Men Platform	Medal Ceremony
Wednesday, 28th June 2023		Competition Day 7	
Morning session	07:45-09:45	Warm-Up	
	10:00-11:35	Women 1m Springboard	Preliminaries
Afternoon session	11:50-15:45	Warm-Up	
	16:00-17:00	Women 1m Springboard	Final
	17:05-17:45	Warm-Up	
	18:00-19:10	Men Synchronised 3m Springboard	Final
	19:30-19:40	Women 1m Springboard	Medal Ceremony
	19:20-19:40	Men Synchronised 3m Springboard	Medal Ceremony
Thursday, 29th June 2023		Departure Day	
Friday, 30th June 2023		Departure Day	