

Diving
22-28 June 2023

Venue **Rzeszów Diving Area**
 Training **Rzeszów Diving Area**

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	14:45-16:45	Warm-Up	
	17:00-18:00	Mixed Team Event 3m/10m	Final
		Medal Ceremony	
Friday, 23rd June 2023		Competition Day 2	
Morning session	7:45-9:45	Warm-Up	
	10:00-12:00	Women 10m Platform	Preliminaries
Afternoon session	12:45-14:45	Warm-Up	
	15:00-16:00	Mixed Synchronised 3m Springboard	Final
		Medal Ceremony	
	16:45-19:45	Warm-Up	
	20:00-21:05	Women 10m Platform	Final
		Medal Ceremony	
Saturday, 24th June 2023		Competition Day 3	
Morning session	7:45-9:45	Warm-Up	
	10:00-13:00	Men 3m Springboard	Preliminaries
Afternoon session	13:15-14:45	Warm-Up	
	15:00-16:00	Mixed Synchronised 10m Platform	Final
		Medal Ceremony	
	16:45-18:45	Warm-Up	
	19:00-20:20	Men 3m Springboard	Final
		Medal Ceremony	
Sunday, 25th June 2023		Competition Day 4	
Morning session	07:45-9:45	Warm-Up	
	10:00-12:30	Women 3m Springboard	Preliminaries
Afternoon session	12:45-14:45	Warm-Up	

	15:00-16:05	Men Synchronised 10m Platform	Final
		Medal Ceremony	
	16:45-18:45	Warm-Up	
	19:00-20:05	Women 3m Springboard	Final
		Medal Ceremony	
Monday, 26th June 2023		Competition Day 5	
Morning session	07:45-9:45	Warm-Up	
	10:00-12:30	Men 10m Platform	Preliminaries
Afternoon session	12:45-15:45	Warm-Up	
	16:00-17:00	Women Synchronised 3m Springboard	Final
		Medal Ceremony	
	17:15-17:45	Warm-Up	
	18:00-19:20	Men 10m Platform	Final
		Medal Ceremony	
Tuesday, 27th June 2023		Competition Day 6	
Morning session	7:45-9:45	Warm-Up	
	10:00-13:00	Men 1m Springboard	Preliminaries
Afternoon session	13:45-15:45	Warm-Up	
	16:00-17:00	Women Synchronised 10m Platform	Final
		Medal Ceremony	
	17:10-17:45	Warm-Up	
	18:00-19:20	Men 1m Springboard	Final
		Medal Ceremony	
Wednesday, 28th June 2023		Competition Day 7	
Morning session	7:45-9:45	Warm-Up	
	10:00-12:30	Women 1m Springboard	Preliminaries
Afternoon session	14:15-15:45	Warm-Up	
	16:00-17:00	Women 1m Springboard	Final
		Medal Ceremony	
	17:15-17:45	Warm-Up	
	18:00-19:10	Men Synchronised 3m Springboard	Final
		Medal Ceremony	
Thursday, 29th June 2023		Departure Day	
Friday, 30th June 2023		Departure Day	