

**DRAFT Integrated Program – SA NATIONALS 8 - 17 APRIL 2010 Kings
Park**

Water Polo 8 – 11 April 2010 - Fixtures still to be finalized

08/4	07:00 – 21:00	Water Polo	Kings Park 25m and 50m
09/4	07:00 – 21:00	Water Polo	Kings Park 25m and 50m
09/4	16:00 18:30	Diving Dive sheets handed in Technical Meeting, Confirmation of competitors, Judges and referees availability.	Kings Park 25m
10/4	07:00	Water Polo	Kings Park 50m
10/4	06:00	Diving Pool Opens – Free Training to 09:30 thereafter only U14 on 1m and U16 on 3m	Kings Park 25m
10/4	09:00	Open Water 5km	Hazelmere
10/4	10:45	Presentation of divers and officials	
10/4	11:00	Diving Girls and Boys 14/U 1m Finals Boys and Girls 16/U 3m Finals Presentation of medals	Kings Park 25m
10/4	15:00	Open Water 3km	Hazelmere
10/4	15:00	Diving Training	Kings Park 25m
10/4	16:00	Diving Senior Platform Final	Kings Park 25m
11/4	07:00	Water Polo	Kings Park 50m
11/4	06:00	Diving Pool Opens – Training	Kings Park 25m
11/4	08:00	Diving Boys and Girls 16/U 1m Final and presentation of medals	Kings Park 25m
11/4		Diving Girls and Boys 14/U 3m Finals and Presentation of Medals	Kings Park 25m
11/4	11:00	Open Water 10km	Hazelmere
11/4	11:00	Diving Women's 1m Prelim Men's 3m Prelim	Kings Park 25m
11/4		Diving Women's 1m Semi A Women's 1m Semi B Men's 3m Semi A Men's 3m Semi B	Kings Park 25m
11/4	13:00	Synchro Figure Draw	11/4

	11/4	13:00	Diving Women's 1m Final	Kings Park 25m
	11/4		Diving Men's 3m Final	Kings Park 25m
	11/4	14:00	Diving Training	Kings Park 25m
	11/4	15:00	Diving Junior Synchro Final	Kings Park 25m
	11/4	TBC	SSA SGM	TBC
	11/4	17:00	Swimming - Manager's Meeting	Kings Park
	12/4	06:00	Diving Pool Opens – Training	
	12/4	08:00	Diving Men's 1m Prelims	
	12/4		Diving Women's 3m Semi A Women's 3m Semi B	
	12/4		Diving Men's 1m Semi A Men's 1m Semi B	
	12/4		Diving Men's 1 Final Women's 3 Final	
	12/4	09:30 – 12:00	Day 1 Swimming - Heats	
	12/4	12:00	Diving Lunch	
	12/4	13:00	Diving Junior Platform Final	
	12/4	15:00	Diving Senior Synchro Final	
	12/4	17:00	OPENING CEREMONY	Kings Park
	12/4	18:00	Day 1 Swimming - Finals	
	13/4	09:30 – 10:30	Day 2 Swimming - Heats	
	13/4	14:00 – 18:00	Synchro Practice with music	
	13/4	18:00	Synchro Manager's Meeting	Kings Park
	13/4	18:00	Day 2 Swimming - Finals	
	14/4	06:00 – 08:30	Synchro Practice with music	
	14/4	09:00 – 12:00	Synchro Judges Clinic	
	14/4	09:30 – 12:00	Day 3 Swimming - Heats	
	14/4	13:30	Synchro S A Senior Figures	
	14/4	15:30	Synchro S A 16-18 Junior Figures	

	14/4	16:30	Synchro S A 13-15 Junior Figures	
	14/4	17:30	Synchro S A Technical Team	
	14/4	18:00	Day 3 Swimming - Finals	
	15/4	06:00-08:00	Synchro Practice with music	
	15/4	08:00	Synchro S A Technical Solo	
	15/4	09:30 – 12:00	Day 4 Swimming - Heats	
	15/4	12:00	Synchro S A 16-18 Junior Solo Prelims	
	15/4	14:30	Synchro S A Technical Duets	
	15/4	15:30	Synchro S A 13-15 Junior Solo finals	
	15/4	18:00	Day 4 Swimming - Finals	
	16/4	06:00 – 08:00	Synchro Practice with music	
	16/4	08:00	Synchro S A Free Duets	
	16/4	09:30 – 12:00	Day 5 Swimming - Heats	
	16/4	12:30	Synchro S A Junior 16-18 and 13-15 Duets	
	16/4	15:00	Synchro S A Free Solo finals	
	16/4	16:00	Synchro S A 16-18 Junior Solo finals	
	16/4	17:00	Synchro - S A Selectors meeting	
	16/4	18:00	Day 5 Swimming - Finals	
	17/4	06:00 – 08:00	Synchro Practice with music	
	17/4	08:00	Synchro S A Free Team	
	17/4	08:00	Synchro S A Intermediate Teams	
	17/4	08:30	Synchro S A Technical Committee Meeting including provincial reps	
	17/4	09:30 – 12:00	Day 6 Swimming - Heats	
	17/4	14:00	Synchro S A Free Combination Teams	
	17/4	18:00	Day 6 Swimming - Finals	
	17/4		END OF TOURNAMENT TROPHY PRESENTATIONS	