

45回夏 練習スケジュール

45回夏 練習スケジュール

| | 前日練習 | | | | | | | | | | 1日目 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|-------|-----------------------|---|---|---|----------|---|---|---|------|---------|----|---|---|--------|----------------------------|--------------------------|---|---|----------|------------------|------|---|---|-----------------------|----|---|------------------------|---|----|----|---|---|---|---|---|---|
| | プール使用 | | | | | | | | | | プール使用 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | メイン | | | | | ダイビングプール | | | | | サブ | | | | メイン | | | | | ダイビングプール | | サブ | | | | | | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 女子 | 男子 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 女子 | 男子 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7:15 | | | | | | | | | | | | | | | 7:15 | ダッシュ | 10歳以下 練習 7:15~8:45 | | | | | ダッシュ | ダイビングプールは ダウン専用とする。 ダウンは競技終了後、 30分以内とする。 | | 女子レーン 奥側より スタート | | | 男子レーン 手前側より スタート | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | | 7:30 | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | | | | | 7:45 | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | | 8:00 | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | | 8:15 | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | 8:30 | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | | 8:45 | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | | 9:00 | | | | | | | | | | | | | | | | | | | | | | |
| 9:15 | | | | | | | | | | | | | | | 9:15 | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | | | 9:30 | | | | | | | | | | | | | | | | | | | | | | |
| 9:45 | | | | | | | | | | | | | | | 9:45 | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | 10:00 | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | 10:15 | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | 10:30 | ダッシュ | 11~12歳 練習 10:20~11:45 | | | | | ダッシュ | 10歳以下競技者 ダウン | | 11-12歳 練習 | | | 11-12歳 練習 | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | 10:45 | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | 11:00 | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | 11:15 | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | 11:30 | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | 11:45 | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | 12:00 | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | 12:15 | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | 12:30 | | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | | 12:45 | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | ダッシュ | 10歳以下 13:00~14:30 | | | | | | | | ダッシュ | 11-12歳 | | | | 11-12歳 | 11-12歳 予選競技 12:00~13:40 | | | | | 11-12歳競技者 ダウン | | ダッシュ | | | 練習 | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 | | 入替(15分) | | | | | | | | | 入替(15分) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | ダッシュ | 11-12歳 14:45~16:15 | | | | | | | | ダッシュ | 練習 | | | | 練習 | 11-12歳競技者 ダウン | | | | | 練習 | | 練習 | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | 入替(15分) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | ダッシュ | 練習 16:30~18:00 | | | | | | | | ダッシュ | | | | | | 決勝競技 15:50~17:00 | | | | | 決勝競技 ダウン | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

備考
 基本は、区分けで分散して練習をして頂きます。
 ”前日練習”は、前日の方のみ使用してください。
 ”練習”は前日より早く来られた方や指定時間に間に合わなかった方の時間です。

備考
 基本は、区分けで分散して練習をして頂きます。
 ”前日練習”は、前日の方のみ使用してください。
 ”練習”は前日より早く来られた方や指定時間に間に合わなかった方の時間です。

| | | 2日目 | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|----------------------------------|------------------------------------|---|---|---|---|---|---|---|-----------------|---|----|--|--------------|------|---|---|--------------|------|-----------------------|---|------------------------|---------------------|---------------|--|---------|--|
| | | プール使用 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | メイン | | | | | | | | | ダイビングプール | | | | サブ | | | | | | | | | | | | |
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 女子 | | 男子 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | |
| 7:15 | ダッシュ シュレーン | 10歳以下 練習 7:15~8:45 | | | | | | | | | ダイビングプールは ダウン専用とする。 ダウンは競技終了後、 30分以内とする。 | | | | | | | | | 女子レーン 奥側より スタート | | 男子レーン 手前側より スタート | | | | | |
| 7:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | 10歳以下 予選競技 9:00~9:50 | | | | | | | | | 10歳以下競技者 ダウン | | | | 11-12歳 練習 | | | | 11-12歳 練習 | | | | | | | | | |
| 9:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | ダッシュ シュレーン | 11~12歳 練習 10:05~11:00 | | | | | | | | | 11-12歳競技者 ダウン | | | | | | | | | 800m専用 | | 個人400m ドレー | | 個人400m ドレー | | 1500m専用 | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | 決勝競技 練習 13:30~14:15 | | | | | | | | | 決勝競技 | | | | 決勝競技 | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | ダッシュ シュレーン | 13~14歳 400m個人メドレー予選 14:30~15:00 | | | | | | | | | 13-14歳競技者 ダウン | | | | 決勝競技 | | | | 決勝競技 | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | | 決勝競技 15:30~16:50 | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:15 | CS 800m/1500m予選競技 17:10~18:10 | | | | | | | | | CS競技者 ダウン | | | | 練習 | | | | 練習 | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

備考
基本は、区分けで分散して練習して頂きます。
”前日練習”は、前日の方のみ使用してください。
”練習”は前日より早く来られた方や指定時間に間に合わなかった方の時間です。

| | | 3日目 | | | | | | | | | | | | | | | | | | | | | |
|-------|---------------------------|--------------------------|---|---|---|---|---|---|---|------------------|---|----|--|-------------------------------|-------------------------------|---|---|--------------------------------|--------------------------------|-----------------------|---|------------------------|---------------------|
| | | プール使用 | | | | | | | | | | | | | | | | | | | | | |
| | | メイン | | | | | | | | | ダイビングプール | | | | サブ | | | | | | | | |
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 女子 | | 男子 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 7:15 | ダッシュ シュレーン | 13-14歳 練習 7:15~8:45 | | | | | | | | | ダイビングプールは ダウン専用とする。 ダウンは競技終了後、 30分以内とする。 | | | | | | | | | 女子レーン 奥側より スタート | | 男子レーン 手前側より スタート | |
| 7:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | 13-14歳 予選競技 9:00~10:20 | | | | | | | | | 13-14歳競技者 ダウン | | | | 15-16歳 練習 | | | | 15-16歳 練習 | | | | | |
| 9:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 9:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | ダッシュ シュレーン | 15-16歳 練習 10:35~11:00 | | | | | | | | | 15-16歳競技者 ダウン | | | | | | | | | CS 練習 | | CS 練習 | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | CS練習 13:05~13:30 | | | | | | | | | CS競技者 ダウン | | | | 800m専用 決勝 競技 出場 者 | | | | 1500m専用 決勝 競技 出場 者 | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | ダッシュ シュレーン | CS 予選競技 13:45~15:10 | | | | | | | | | CS競技者 ダウン | | | | 800m専用 決勝 競技 出場 者 | | | | 1500m専用 決勝 競技 出場 者 | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | | 決勝競技 15:30~18:15 |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | |

備考
基本は、区分けで分散して練習して頂きます。
”前日練習”は、前日の方のみ使用してください。
”練習”は前日より早く来られた方や指定時間に間に合わなかった方の時間です。

| | | 4日目 | | | | | | | | | | | | | | | | | | | | |
|-------|----------------------------|------------------------|---|---|---|---|---|---|---|------------------|---|----|--|-----------------|-----------------------|-----------------|------------------------|---|---|---|---|---|
| | | プール使用 | | | | | | | | | | | | | | | | | | | | |
| | | メイン | | | | | | | | | ダイビングプール | | | | サブ | | | | | | | |
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 女子 | | 男子 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7:15 | ダッシュ シュレーン | 13-14歳 練習 7:15~8:45 | | | | | | | | | ダイビングプールは ダウン専用とする。 ダウンは競技終了後、 30分以内とする。 | | | | 女子レーン 奥側より スタート | | 男子レーン 手前側より スタート | | | | | |
| 7:30 | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | | | | | | | | | |
| 9:15 | 13-14歳 予選競技 9:00~10:55 | | | | | | | | | 13-14歳競技者 ダウン | | | | 15-16歳 練習 | | 15-16歳 練習 | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | | | |
| 9:45 | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | 15-16 練習 11:10~11:35 | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | 15-16歳 予選競技 11:50~13:15 | | | | | | | | | 15-16歳競技者 ダウン | | | | CS 練習 | | CS 練習 | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | CS練習 13:30~13:55 | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | CS 予選競技 14:10~15:45 | | | | | | | | | CS競技者 ダウン | | | | 決勝 競技 出場者 | | 決勝 競技 出場者 | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | 決勝競技 16:00~18:25 | | | | | | | | | 決勝競技者 ダウン | | | | 前日練習 | | 前日練習 | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | |

備考
基本は、区分けで分散して練習して頂きます。
”前日練習”は、前日の方のみ使用してください。
”練習”は前日より早く来られた方や指定時間に間に合わなかった方の時間です。

| | | 5日目 | | | | | | | | | | | | | | | | | | | | |
|-------|----------------------------|------------------------|---|---|---|---|---|---|---|------------------|---|----|--|-----------------|-----------------------|-----------------|------------------------|---|---|---|---|---|
| | | プール使用 | | | | | | | | | | | | | | | | | | | | |
| | | メイン | | | | | | | | | ダイビングプール | | | | サブ | | | | | | | |
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 女子 | | 男子 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7:15 | ダッシュ シュレーン | 13-14歳 練習 7:15~8:45 | | | | | | | | | ダイビングプールは ダウン専用とする。 ダウンは競技終了後、 30分以内とする。 | | | | 女子レーン 奥側より スタート | | 男子レーン 手前側より スタート | | | | | |
| 7:30 | | | | | | | | | | | | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | | | | | | | | | |
| 9:15 | 13-14歳 予選競技 9:00~10:15 | | | | | | | | | 13-14歳競技者 ダウン | | | | 15-16歳 練習 | | 15-16歳 練習 | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | | | |
| 9:45 | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | 15-16 練習 10:30~10:45 | | | | | | | | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | 15-16歳 予選競技 11:00~11:40 | | | | | | | | | 15-16歳競技者 ダウン | | | | CS 練習 | | CS 練習 | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | CS練習 11:55~12:25 | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | CS 予選競技 12:40~13:40 | | | | | | | | | CS競技者 ダウン | | | | 決勝 競技 出場者 | | 決勝 競技 出場者 | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | 決勝競技 13:50~15:20 | | | | | | | | | 決勝競技者 ダウン | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | |

備考
基本は、区分けで分散して練習して頂きます。
”前日練習”は、前日の方のみ使用してください。
”練習”は前日より早く来られた方や指定時間に間に合わなかった方の時間です。