



## 2010 Metropolitan Diving Information

Friday, Feb 19 W-1 meter voluntaries and optionals (afternoon)  
M-3 meter voluntaries and optionals (afternoon)  
W-1 meter final (optionals)  
M-3 meter final (optionals)

Saturday, Feb 20 W-3 meter voluntaries (afternoon)  
M-1 meter voluntaries (afternoon)

Sunday, Feb 21 W-3 meter optionals (afternoon)  
M-1 meter optionals (afternoon)  
W-3 meter final (optionals)  
M-1 meter final (optionals)

All men and women will compete in 11 dives on both 1m and 3m and follow all NCAA rules.

Top 8 finalists will complete 6 dives at finals regardless of 30 minute timeline. The schedule will be as follows:

Friday Finals	-Warmup during the swim meet -200 IM -Announce top 8 finalists -50 Free-divers-last jumps on board -30 minute diving showcase -400 Medley Relay
Sunday Finals	-Warmup during the swim meet -200 Breast -Announce top 8 finalists -200 Fly-divers-last jumps on board -30 minute diving showcase -400 Free Relay