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|-------|-------|---|
| Start | End | Friday June 7 |
| 16:00 | 19:00 | OPEN PRACTICE - ALL CLUBS/EVENTS |

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|-------|-------|--|------------------------|-----------------------|
| Start | End | SATURDAY JUNE 8th | | |
| 8:00 | 9:00 | Open Practice (All Saturday Events) | | |
| 9:00 | 9:15 | Coaches and Officials Meeting | | |
| 9:15 | 9:35 | Closed Practice | | |
| | | 1 METRE | TOWER | 3 METRE |
| 9:35 | 11:10 | Girls Aspire II C (20) | | Boys Aspire II B (6) |
| | | Boys Aspire II C (4) | | Girls Aspire II B (7) |
| 11:10 | 11:30 | Closed Practice & Awards 20 minutes | | |
| 11:30 | 12:30 | | Boys Aspire II D (2) | |
| | | | Girls Aspire II D (13) | |
| 12:30 | 12:50 | Closed Practice & Awards 20 minutes | | |
| 12:50 | 13:15 | | Boys E (2) | |
| | | | Girls E (4) | |
| 13:15 | 13:35 | Closed Practice & Awards 20 minutes | | |
| 13:35 | 14:15 | Boys Aspire I D (0) | | Boys Aspire II A (3) |
| | | Girls Aspire I D (6) | | Girls Aspire II A (6) |
| 14:15 | 14:35 | Closed Practice & Awards 20 minutes | | |
| 14:35 | 15:20 | | Boys Aspire I C (4) | |
| | | | Girls Aspire I C (12) | |
| 15:20 | 15:40 | Closed Practice & Awards 20 minutes | | |
| 15:40 | 16:15 | | Boys Aspire I B (1) | |
| | | | Girls Aspire I B (8) | |
| 16:15 | 16:35 | Closed Practice & Awards 20 minutes | | |
| 16:35 | 17:05 | | Boys Aspire II A (3) | |
| | | | Girls Aspire II A (5) | |
| 17:05 | 17:25 | Closed Practice & Awards 20 minutes | | |
| 17:25 | 18:20 | Boys Aspire I B (3) | | Boys Aspire I C (1) |
| | | Girls Aspire I B (10) | | Girls Aspire I C (7) |
| 18:20 | 18:30 | AWARDS | | |

| Start | End | SUNDAY JUNE 9th | | |
|------------------------|-------|--|------------------------|------------------------|
| 7:30 | 8:30 | Open Practice (All Sunday Events) | | |
| 8:30 | 8:40 | Coaches and Officials Meeting | | |
| 8:40 | 9:00 | Closed Practice | | |
| | | 1 METRE | TOWER | 3 METRE |
| 9:00 | 10:30 | Boys Aspire II B (6) | | Boys Aspire II C (4) |
| | | Girls Aspire II B (10) | | Girls Aspire II C (18) |
| 10:30 | 10:50 | Closed Practice & Awards 20 minutes | | |
| 10:50 | 11:10 | | Boys Aspire I D (3) | |
| | | | Girls Aspire I D (5) | |
| 11:10 | 11:20 | Closed Practice & Awards 10 minutes | | |
| 11:20 | 11:30 | | Boys Aspire I A (0) | |
| | | | Girls Aspire I A (0) | |
| | | | Men's Master's 1 (0) | |
| | | | Men's Master's 2 (0) | |
| | | | Women's Master's 1 (1) | |
| | | | Women's Master's 2 (1) | |
| 11:30 | 11:50 | Closed Practice & Awards 20 minutes | | |
| 11:50 | 12:45 | Boys Aspire II D (2) | | Boys Aspire I B (1) |
| | | Girls Aspire II D (14) | | Girls Aspire I B (10) |
| 12:45 | 13:05 | Closed Practice & Awards 20 minutes | | |
| 13:05 | 14:15 | | Boys Aspire II C (3) | |
| | | | Girls Aspire II C (14) | |
| 14:15 | 14:35 | Closed Practice & Awards 20 minutes | | |
| 14:35 | 15:55 | Boys Aspire II A (3) | | Boys E (3) |
| | | Girls Aspire II A (6) | | Girls E (6) |
| | | Boys Aspire I A (0) | | Boys Aspire I D (1) |
| | | Girls Aspire I A (0) | | Girls Aspire I D (6) |
| | | 15 min warmup | | |
| | | Men's Master's 1 (1) | | |
| | | Men's Master's 2 (1) | | |
| | | Women's Master's 1 (1) | | |
| Women's Master's 2 (1) | | | | |
| 15:55 | 16:15 | Closed Practice & Awards 20 minutes | | |
| 16:15 | 17:00 | | Boys Aspire II B (4) | |
| | | | Girls Aspire II B (8) | |
| 17:00 | 17:20 | Closed Practice & Awards 20 minutes | | |
| 17:20 | 17:50 | Girls Aspire I C (7) | | Boys Aspire I A (0) |
| | | Boys Aspire I C (2) | | Girls Aspire I A (0) |
| | | | | Men's Master's 1 (1) |
| | | | | Men's Master's 2 (1) |
| | | | | Women's Master's 1 (1) |
| | | | Women's Master's 2 (1) | |
| 17:50 | 18:10 | Closed Practice & Awards 20 minutes | | |
| 18:10 | 19:05 | Boys E (4) | | Boys Aspire II D (1) |
| | | Girls E (10) | | Girls Aspire II D (13) |
| 19:15 | | AWARDS | | |