

## 2025 FCDC Invitational Schedule of Events

**Friday, January 24<sup>th</sup>, 2025**

Open Practice 4:00pm to 7:00pm

**Saturday, January 25<sup>th</sup>, 2025**

8:00am	9:00am	Open Practice	
9:00am	9:10am	Officials and Coaches' Meeting	
9:10am	9:15am	Opening Ceremonies	
9:15am	9:35am	1m and 3m Closed Practice	
		<b>One Metre</b>	<b>Three Metre</b>
9:35am	10:30am	Aspire II Boys & Girls B (16)	Aspire II Boys & Girls C (11)
10:30am	10:50am	Platform Closed Practice	
10:50am	11:35am	Aspire II Boys & Girls D (10)	
		Aspire Boys & Girls E (0)	
11:35am	11:55am	1m and 3 m Closed Practice & Awards	
11:55am	12:30pm	Aspire I Boys & Girls C (10)	Aspire I Boys & Girls B (14)
12:30pm	12:50pm	Platform Closed Practice & Awards	
12:50pm	1:15pm	Aspire II Girls & Boys A (5)	
1:15pm	1:35pm	1m and 3m Closed Practice & Awards	
1:35pm	2:05pm	Aspire I Boys & Girls D (9)	Aspire I Boys & Girls C (11)
2:05pm	2:25pm	Platform Closed Practice & Awards	
2:25pm	3:25pm	Aspire I Boys & Girls B (14)	
3:25pm	3:45pm	1m and 3m Closed Practice & Awards	
3:45pm	4:05pm	Aspire II Boys & Girls A (5)	Aspire II Boys & Girls D (5) Aspire II Boys & Girls E (0)
4:05pm	4:25pm	Platform Closed Practice & Awards	
4:25pm	5:20pm	Aspire II Boys & Girls B (12)	
5:20pm	5:30pm	Awards Ceremony	

1m and 3m events will run simultaneously.

Each event will have a 15- or 20-minute closed practice. Award Ceremony will follow each event.

## FCDC Invitational Tentative Schedule of Events

**Sunday, January 26<sup>th</sup>, 2025**

8:00am	9:00am	Open Practice	
9:00am	9:10am	Coaches' Meeting	
9:10am	9:30am	1m and 3m Closed Practice	
		<b>One Metre</b>	<b>Three Metre</b>
9:30am	10:15am	Aspire II Boys & Girls C (12)	Aspire II Boys & Girls B (12)
10:15am	10:35am	Platform Closed Practice & Awards	
10:35am	10:55am	Aspire I Boys & Girls A (2) Masters Men & Women (1)	
10:55am	11:15 am	1m and 3m Closed Practice & Awards	
11:15am	11:30am	Aspire II Boys & Girls D (6)	Aspire II Boys & Girls A (5)
11:30am	11:50am	Platform Closed Practice & Awards	
11:50am	12:35pm	Aspire II Boys & Girls C (10)	
12:35pm	12:55pm	1m and 3 m Closed Practice & Awards	
12:55am	1:15pm	Aspire I Boys & Girls A (4) Masters Men & Women (4)	Aspire I Boys & Girls D (7)
1:15pm	1:35pm	Platform Closed Practice & Awards	
1:35pm	2:20pm	Aspire I Boys & Girls C (14)	
2:20pm	2:40pm	1m and 3m Closed Practice & Awards	
2:40pm	3:15pm	Aspire I Boys & Girls B (11)	Aspire I Boys & Girls A (4) Masters Men and Women (2)
3:15pm	3:35pm	Platform Closed Practice & Awards	
3:35pm	3:55pm	Aspire I Boys & Girls D (7)	
3:55pm	4:15pm	1m and 3m Closed Practice & Awards	
4:15pm	4:35pm	Aspire Boys & Girls E (7)	
4:35pm	4:45pm	Awards & Closing Ceremony	

1m and 3m events will run simultaneously.

Each event will have a 15- or 20-minute closed practice. Award Ceremony will follow each event.