

**Nordic Diving Championships**  
**Events and preliminary schedule**  
**Helsinki, Finland**  
**17.-19.12.2021**

<b>Time</b>	<b>17.12.2021</b>	
9:00 - 10:30 10:30 -	Training	
	B-boys	plf
	B-girls	1m
	A-boys	3m
	A-girls	plf
	C-boys	1m
	Training	
	Men	1m
	Women	3m
	C-girls	3m
	M and W Synchro	plf
	B and G Synchro	plf

**18.12.2021**

8:00 - 9:30 9:30 -	Training	
	C-boys	3m
	C-girls	plf
	Opening Ceremony	
	Team Event	3m/plf
	A-boys	plf
	A-girls	1m
	Training	
	Men	3m
	Women	plf
	B-boys	1m
	B-girls	3m
	M and W Synchro	3m
B and G Synchro	3m	

**19.12.2021**

8:00 - 10:00 10:00 -	Training	
	C-boys	plf
	C-girls	1m
	B-boys	3m
	B-girls	plf
	A-boys	1m
	A-girls	3m
	Women	1m
	Men	plf