

| Saturday | | | | | |
|-----------------|----------------------------|--------------|----------------------------------|------------|---------------|
| Event | Event | No of Divers | Duration Mins | Start Time | Finish Time |
| Training | General | | 30 | 11:00 | 11:30 |
| Training | Event 1 to 3 | | 40 | 11:30 | 12:10 |
| Coaches | Technical Meeting | | 10 | 12:10 | 12:20 |
| | Parade Boys/Girls F | | 5 | 12:20 | 12:25 |
| 1 | Boys & Girls Group F | 7 | 10 | 12:25 | 12:35 |
| | Parade Boys B | | 5 | 12:35 | 12:40 |
| | Medal Presentations F | | 15 | 12:40 | 12:55 |
| 2 | Boys Group B | 17 | 30 | 12:55 | 13:25 |
| | Parade Boys C | | 5 | 13:25 | 13:30 |
| | Medals Boys B | | 10 | 13:30 | 13:40 |
| 3 | Boys Group C | 22 | 30 | 13:40 | 14:10 |
| | Medals Boys C | | 10 | 14:10 | 14:20 |
| Training | Restricted - Girls D | | 50 | 14:20 | 15:10 |
| | Parade Girls D | | 5 | 15:40 | 15:15 |
| 4 | Girls Group D | 59 | 65 | 15:15 | 16:20 |
| | Medals Girls D | | 10 | 16:20 | 16:30 |
| | | | 25 mins added to events in total | | |
| TOTALS | | 105 | 330 | | 5hrs 30 mins |
| Sunday | | | | | |
| Event | Event | No of Divers | Duration Mins | Start Time | Finish Time |
| Training | General | | 30 | 08:00 | 08:30 |
| Training | Restricted Events 5 & 6 | | 40 | 08:30 | 09:10 |
| | Parade Girls C | | 10 | 09:10 | 09:20 |
| 5 | Girls Group C | 40 | 40 | 09:20 | 10:00 |
| | Parade Girls E | | 5 | 10:00 | 10:05 |
| | Medals Girls C | | 10 | 10:05 | 10:15 |
| 6 | Girls Group E | 34 | 40 | 10:15 | 10:55 |
| | Medals Girls E | | 10 | 10:55 | 11:05 |
| Training | Restricted Events 7, 8 & 9 | | 50 | 11:05 | 11:55 |
| | Parade Boys E | | 5 | 11:55 | 12:00 |
| 7 | Boys Group E | 25 | 30 | 12:00 | 12:30 |
| | Parades Girls B | | 5 | 12:30 | 12:35 |
| | Medals Boys E | | 10 | 12:35 | 12:45 |
| 8 | Girls Group B | 23 | 35 | 12:45 | 13:20 |
| | Parades Boys D | | 5 | 13:20 | 13:25 |
| | Medals Girls B | | 10 | 13:25 | 13:35 |
| 9 | Boys Group D | 41 | 50 | 13:35 | 14:25 |
| | Medals Boys D | | 10 | 14:25 | 14:35 |
| | Team Trophy Award | | 10 | 14:35 | 14:45 |
| | | | 21 mins added to events in total | | |
| TOTALS | | 163 | 405 | | 5 hrs 45 mins |