

DATES	03/08	04/08	05/08	06/08	07/08	08/08	09/08	10/08	11/08	12/08	13/08	14/08	15/08	16/08	17/08	18/08
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VENUE									OPENING CEREMONY							CLOSING CEREMONY
YEOMJU GYMNASIUM ARTISTIC SWIMMING COMPETITION VENUE	ARTISTIC SWIMMING															
	Training	Training	09:00 ~ 09:45 70+/60+ 10:15 ~ 11:30 50+/40+ 12:00 ~ 12:30 30+/25+ Tech Solo	09:00 ~ 10:00 70+/60+/50+/40+ 10:30 ~ 11:15 30+/25+ Tech Duo	09:00 ~ 09:45 50+/35+/25+ Tech Team 11:00 ~ 11:30 50+/40+/25+ Tech Mixed Duo	09:00 ~ 10:00 70+/60+ 10:30 ~ 11:15 50+/40+ 11:45 ~ 12:30 30+/25+ Solo Free	09:00 ~ 10:00 70+/60+/50+/40+ 10:30 ~ 11:45 30+/25+ Duet Free	09:00 ~ 09:45 50+/35+/25+ Team Free	09:00 ~ 09:30 7 duos Mixed Duet Free 10:30 ~ 11:00 40+/25+ Free Combination							
NAMBU UNIVERSITY MUNICIPAL AQUATICS CENTER SWIMMING MAIN POOL	SWIMMING															
			Training	Training	Training	Training	Training	Training	Training	800m FR W 800m FR M	200m BA M 200m BA W 100m FR W 100m BR M 100m BR W	400m IM W 400m IM M 200m FR W 200m FR M 50m BU W 50m BU M	50m FR M 50m FR W 200m IM M 200m IM W 100m BU M 100m BU W	4x50m FR RL W 4x50m FR RL M 4x50m MD RL W 4x50m MD RL M 4x50m FR RL Mixed 4x50m MD RL Mixed	200m BR W 200m BR M 100m BA W 100m BA M 200m BU W 200m BU M	50m BA M 50m BA W 400m FR M 400m FR W 50m BR M 50m BR W
NAMBU UNIVERSITY MUNICIPAL AQUATICS CENTER DIVING POOL	DIVING															
									Training	Training	09:00~13:46 M 25-29 ~ 50-54 M 3m Springboard	09:00~12:27 M 55-59 ~ 80+ M 3m Springboard 12:47~14:00 W 55-59 ~ 50-54 W 3m Springboard	09:00~13:40 W 45-49 ~ 80+ W 3m Springboard	09:00~16:17 W 45-49 ~ 55-59 M 25-29 ~ 50-54 Platform	09:00~13:17 M 55-59 ~ 80+ Platform 10:35~14:37 W 25-29 ~ 80+ Platform	09:00~11:53 W 50-99 ~ 100+ M 50-99 ~ 100+ 3m Springboard Synchro
											09:00~13:46 W 25-29 ~ 55-59 W 1m Springboard	09:00~10:32 W 60-64 ~ 80+ W 1m Springboard 10:52~13:48 M 50-54 ~ 40-44 M 1m Springboard	14:25~16:12 Mix 50-99 ~ 100+ Mix 3m Synchro	15:22~16:55 Mix 50-99 ~ 100+ MIX Platform Synchro	12:38~15:01 W 50-99 ~ 100+ M 50-99 ~ 100+ Platform Synchro	
													09:00~14:11 M 35-39 ~ 80+ M 1m Springboard			
WATER POLO																
NAMBU UNIVERSITY WATER POLO COMPETITION VENUE MAIN POOL	Training	Training	09:00 - 12:00 M60-64 [6T]	09:00 - 11:00 M30-34	09:00 - 12:00 M60-64 [6T]	09:00 - 11:00 M30-34	09:00 - 12:00 M60-64 [6T]	09:00 - 11:00 M30-34 (3T)	09:00 - 10:00 M60-64 L17-L18							
				11:00 - 12:00 M35+ / M40-44 [3T]		11:00 - 12:00 M35+ / M40-44 [3T]		11:00 - 12:00 M35+ / M40-44 [3T]	09:00 - 10:00 M60-64 W17-W18							
				12:00 - 15:00 M65-69/70+ [7T]	12:00 - 15:00 M45-49 [7T]	12:00 - 15:00 M65-69 [7T]	12:00 - 15:00 M45-49 [7T]	12:00 - 15:00 M65-69/70+ [7T]	12:00 - 15:00 M45-49 [7T]	11:00 - 14:00 M65-69 [7T]						
				15:00 - 18:00 W [6T]	15:00 - 17:00 M50-54 [4T]	15:00 - 18:00 W [6T]	15:00 - 17:00 M50-54 [4T]	15:00 - 18:00 W [6T]	15:00 - 17:00 M50-54 [4T]	14:00 - 17:00 M45-49 [7T]						
					17:00 - 18:00 M55-59 [3T]		17:00 - 18:00 M55-59 [3T]		17:00 - 18:00 M55-59 [3T]	17:00 - 18:00 W L17-L18						
										18:00 - 19:00 W W17-W18						
NAMBU UNIVERSITY MUNICIPAL AQUATICS CENTER SWIMMING MAIN POOL	Training	Training	10:00 - 11:00 M30-34 (3T)	09:00 - 12:00 M60-64 [6T]	10:00 - 11:00 M30-34 (3T)	09:00 - 12:00 M60-64 [6T]	10:00 - 11:00 M30-34 [3T]	09:00 - 12:00 M60-64 [6T]								
				11:00 - 12:00 M35+ / M40-44 [3T]		11:00 - 12:00 M35+ / M40-44 [3T]		11:00 - 12:00 M35+ / M40-44 [3T]								
				12:00 - 15:00 M45-49 [7T]	12:00 - 15:00 M65-69 / 70+ [7T]	12:00 - 15:00 M45-49 [7T]	12:00 - 15:00 M65-69/70+ [7T]	12:00 - 15:00 M45-49 [7T]	12:00 - 15:00 M65-69 [7T]							
				15:00 - 17:00 M50-54 [4T]	15:00 - 18:00 W [6T]	15:00 - 17:00 M50-54 [4T]	15:00 - 18:00 W [6T]	15:00 - 17:00 M50-54 [4T]	15:00 - 18:00 W [6T]							
				17:00 - 18:00 M55-59 [3T]		17:00 - 18:00 M55-59 [3T]		17:00 - 18:00 M55-59 [3T]								
YEOSU EXPO OCEAN PARK OPEN WATER SWIMMING COMPETITION VENUE	OPEN WATER SWIMMING															
			Training	Training	10:00 M55-59 10:05 F55-59/F60-64 10:10 M60-64 10:15 M65-69/M70-74 10:20 F65-69/F70-74 10:25 M/F75-79 M/F80-84 M85-89	10:00 M40-44 10:05 F40-44 10:10 M45-49 10:15 F45-49 10:20 M50-54 10:25 F50-54	10:00 M/F25-29 10:05 M30-34 10:10 F30-34 10:15 M35-39 10:20 F35-39									

※ Please visit the Masters Gwangju 2019 website for start lists (<https://www.gwangju2019.com/masters/>).  
 ※ Competition schedule are subject to change.