

# Swim England East Region

## Regional Age Group (Level 3) Diving Competitions 2026

Saturday 25<sup>th</sup> April 2026, 09:00 am – 5:30 pm

Sunday 26<sup>th</sup> April 2026, 08:00 am – 5:00 pm

Southend Swimming & Diving Centre  
Garon Park  
Eastern Avenue  
Southend on Sea  
SS2 4FA

It is with great pleasure that we invite you and your divers to Southend to compete in the Swim England East Region Age Group (Level 3) Diving Competitions 2026. The East Region welcomes divers from outside the region to enter as guests. Regional medals will be presented to the top three divers from the East Region and any guest diver who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

**Entry Closing Date:** **Saturday, 4<sup>th</sup> April 2026**

**Entry Fee:** **£15.50 per diver, per event.**

Please send your entries by email to [diveentries@eastswimming.org](mailto:diveentries@eastswimming.org), or by post to, Ian Rollinson, Swim England ER Age Groups Entry, 58 Hazelwood Close, Luton, Beds, LU2 8AR.

Please Note: ***Individual*** entries received by whatever means will ***not*** be accepted. Parents and divers please ask your coach to find out who is coordinating your club's entry and ensure that your entry is added to the divers listed on the appropriate official entry form being submitted by your club.

Where possible please pay online, using the following details:

Account: Swim England East Region,  
Account No: 67216824,  
Sort Code: 08-92-99  
Reference: 4202 <club name>

Alternatively, payment may be made by cheque payable to 'Swim England East Region'; please confirm your selected method of payment by when sending your form.

Late entries may not be accepted and all fees must be paid in full before divers start training. The competition organisers reserve the right to limit entry numbers.

Confirmation of entries received, instructions for submission of dive sheets and a detailed timetable will all be published as soon as possible after the entry closing date. Apart from this, all the information you require is enclosed here, but if you should have any queries please do not hesitate to contact me by email or on 07715 535539.

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## Regional Age Group (Level 3) Diving Competitions 2026

### Event Photography and Filming

Events will be photographed and may be live streamed. Static images may be displayed on the Swim England East Region website [www.eastswimming.org](http://www.eastswimming.org) and at the venue. They may also be used to promote the sport at this event and events in the future.

Moving images may be displayed at the venue and via a live stream (subject to the event being live streamed). In addition, the Swim England East Region may use recordings and images for the purposes of education and training, diver analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming. If there are any concerns about live streaming, moving or static images being taken please speak to the Swim England East Region Event Coordinator present at the event.

If you intend to take photographs or video images at this event, please remember:

- Only take photographs of the specified subject
- Only take photographs in the event areas
- Respect the rights of other people
- Do not circulate images of an individual(s) without their consent.

The full Swim England Guidance on Photography can be found in Wavepower, our Child Safeguarding Policy and Procedures.

If there are any concerns about photography/filming at Swim England East Region events, please speak to the Swim England Event Coordinator present at the event or contact the Swim England East Region Diving Manager at [diving@eastswimming.org](mailto:diving@eastswimming.org)

We look forward to seeing you at the event.

**Ian Rollinson**  
**Competitions Officer**  
**For and on behalf of the East Region Diving Committee**

### **General Event Conditions:**

- The competitions shall be conducted in accordance with Swim England Regulations and World Aquatics Technical Rules for Diving.
- There shall be separate events for males and females.
- All ages are as at the 31st December in the year of competition.
- All competitions shall be promoted as 'Open' events with two separate entry categories.
- An individual entry for both entry categories will not be accepted.
- An entrant for a competition must be a Swim England registered Club Compete member of the club they are representing or a Temporary Member of Swim England by the published closing date.

### **Entry Categories:**

#### **East Region Entries**

- Will be accepted from divers who are registered members of clubs affiliated to a Swim England East Region.
- An entered diver shall not have competed in the closed championships or competitions of another Swim England Region in the same year other than as an individual member of a synchronised pair.

#### **Guest Entries**

- Entries will be accepted from divers who are registered members of any club affiliated to Swim England through their Regional Association, the Scottish ASA or Welsh ASA or one of the countries affiliated to World Aquatics.

### **Medals:**

- Medals will be presented to the top three competitors from the East Region entries.
  - A guest competitor who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.
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### **Age Group Eligibility:**

1. A Swim England East Region or Guest diver who has competed at British Elite Junior Championships is not eligible to compete at the East Region Age Groups Event unless moving up an age group and with prior written approval from the East Region Diving Manager.
2. A Swim England East Region or Guest diver who has achieved the British Elite Junior Championships Performance Standard at a Regional or Open Club Elite (level 4) competition in the same calendar year as the British Elite Junior Championships for which it is recommended, is not eligible to compete in the East Region Age Groups Event whilst in that age category.
3. A Swim England East Region or Guest diver who has competed in a British, National or Regional or Club Senior (level 5) competition in any event (including synchro) is not eligible to compete at the East Region Age Groups Events.

### **Please Note:**

Coaches entering divers of an inappropriate standard in any East Region Diving Event may be approached by the Regional Diving Manager and given advice on competition selection.

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## Age Group Competition Conditions:

All ages are at the 31st December in the year of competition.

Age Category	Board Height	Event Conditions	NAGS Standard <sup>1</sup>
Age Group D 9/10/11 years	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd).	Open – 130 Female – 125
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd).	Open & Female – 135
	5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd).	Open & Female – 130
Age Group C 12/13 years	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) (minimum 4 groups to be covered).	Open – 165 Female – 160
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) (minimum 4 groups to be covered).	Open – 170 Female – 170
	5m/7.5m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) (minimum 4 groups to be covered).	Open & Female – 165
Age Group B 14/15 years	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit.	Open - 200 Female – 185
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit.	Open – 210 Female – 195
	5m/7.5m/10m	3 dives from 3 groups (5.7) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open – 180 Female – 175
Age Group A 16/18 years	1m	5 dives from 5 groups (9.0) + 3 dives from 3 groups no limit.	Open – 230 Female – 220
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit.	Open – 245 Female - 230
	5m/7.5m/10m	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open – 215 Female - 205

No repeat dives are permitted. Dives of the same number are considered to be a repeat, even in a different shape.

**Please Note:**

<sup>1</sup>NAGs Standard - For your information we have published the points required to meet the recommended National Standard for the Swim England Diving National Age Group Championships. The publishing of these points does not imply you are required to meet this standard to dive in this Regional competition nor would achieving these points confer an automatic qualification to the Swim England Diving National Age Group Championships.