

Swim England East Region (Level 2) Regional Skills Diving Competitions 2026

Saturday, 21st March 2026, 8:00am – 17:30pm

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 (Level 2) Regional Skills Diving Competitions 2026. The East Region welcomes divers from outside of the region to enter as guests.

Entry Closing Date: Saturday, 28th February 2026

Entry Fee: £15.50 per diver, per event.

Please send your entries by email to diveentries@eastswimming.org or by post to, Ian Rollinson, Swim England ER Skills Entry, 58 Hazelwood Close, Luton, Bedfordshire, 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 co-ordinating 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: 4200 <club name>

Alternatively, payment may be made by cheque payable to 'Swim England East Region'; please confirm your selected method of payment 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 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 contact me by email or on 07715 535539.

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 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

We look forward to seeing you at the event.

Ian Rollinson
Event Co-ordinator
For and on behalf of the East Region Diving Committee

Swim England East Region (Level 2) Regional Skills Diving Competitions 2026

General Event Conditions:

- The competitions shall be conducted in accordance with Swim England Regulations and Technical Rules and World Aquatics Technical Rules for Diving.
- There shall be two event categories, open and female.
- 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.
- A published 'Event Entry Pack' will give specific event conditions, test requirements and general event information.

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

- Will be accepted from divers who are registered members of any club affiliated to Swim England through their Regional Association, Scottish Swimming, Swim Wales 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 also receive a medal.

Eligibility:

1. A Swim England East Region or Guest diver is not eligible to compete in the East Region Skills Event whilst they are a member of the Swim England Diving Team Z or home nation equivalent.
2. A Swim England East Region or Guest diver who has competed at the Swim England National Age Group Championships, is excluded from competing at East Region Skills Events, except

with prior written approval from the East Region Diving Manager when moving into the B age category.

3. A Swim England East Region or Guest diver who has competed in a British, National, Regional or Club Junior Elite (level 4) or Senior (level 5) competition in any event (including synchro) is not eligible to compete in the East Region Skills Event.
4. A Swim England East Region or Guest diver who has achieved the Swim England National Age Group Championships Performance Standard at a Regional or Open Club Age Group (level 3) competition on any board in the same calendar year as Swim England National Age Group Championships for which it is recommended, is not eligible to compete in the East Region Skills Event whilst in that age category.

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Age Groups:

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

Group E	8/9 years	Group C1	12 years
Group D1	10 years	Group C2	13 years
Group D2	11 years	Group B	14/15 years
		Group A	16/17/18 years

Competition Conditions:

Group E and D

Age Groups	Board Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E and D	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0	Group E Open & Female - 240
		2. Armswing back jump tucked.	200C	1.0	
		3. Forward dive tucked.	101C	1.0	
		4. Armswing forward jump pike.	100B	1.0	
	Section 2 (1m)	5. 2-bounce forward jump straight.	100A	1.0	Group D Open – 250 Female - 255
		6. T armswing back jump straight.	200A	1.0	
		7-8. 2 dives 1 from List A and 1 from List B (in any order).		DD to count	
	Section 3 (3m)	9. Forward fall straight.	10A	1.2	
		10. Forward tuck to pike roll.	11C	1.2	
		11. Back fall straight (hands on thighs).	20A	1.4	
		12. Crouched back tuck roll.	21C	1.3	

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Group E and D – Optional Dives

- Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start.
- All back take-offs are to be performed with a T-start armswing.
- Group E only – inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.
- Group D only – inward dives are to be performed with a T-start armswing.

Group C

Age Groups	Board Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C	Section 1 (1m)	1. Hurdle step forward jump straight.	100A	1.0	Group C Open & Female – 230
		2. T armswing back jump straight.	200A	1.0	
		3-5. 3 dives from List C (3 groups must be covered).	-	DD to count	
	Section 2 (3m)	6. Forwards line up (from Line up list).	-	DD to count	
		7. Backwards line up (from Line up list).	-	DD to count	
		8-10. 3 dives from List D (3 groups must be covered).	-	DD to count	

List C (1m)

101C, 101B, 103C, 103B, 401C, 401B, 201C, 201B, 301C, 301B

Line up list (3m)

10A - Forward straight fall

11C - Forward tuck to pike roll

20A - Back fall straight (hands on thighs)

21C - Crouched back tuck roll

List D

101C, 101B, 103C, 103B, 401C, 401B, 403C, 201C, 201B, 301C, 301B, 20A*, 21C*

**Tariff of back lines ups will be 1.0*

Group C – Optional Dives

- Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.
- All back and inward take-offs are to be performed with a T-start armswing.

Group B

Age Group	Board Height	Skills	Degree of Difficulty	Qualification Standard
B	Section 1 (1m)	<p>1-5. Either:</p> <p>3 skills from List C + 2 skills from List D.</p> <p>Or:</p> <p>2 skills from List C + 3 skills from List D.</p> <p>(In either case at least 2 groups must be covered from each list).</p>	DD to count	Group B Open & Female – 280
	Section 2 (3m)	6-10. 5 skills from List E (at least 3 groups must be covered).	DD to count	

List E (1m)

101C, 101B, 103C, 103B, 104C, 401C, 401B, 402C, 403C – repeats permitted (1.0) **

List F (1m)

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – repeats permitted (1.0) **

List G (3m)

101C, 101B, 103C, 103B, 105C, 401C, 401B, 403C, 403B, 201C, 201B, 203C, 203B, 301C, 301B, 303C – repeats permitted (1.0) **

*** Dives of the same number are considered to be a repeat, even in a different shape.*

Group A

Category	Board Height	Event Conditions	Degree of Difficulty	NSF Qualification Standard ²
A	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd). Minimum 4 groups to be covered (no repeats).	DD to count	Group A Open & Female – 170
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) Minimum 4 groups to be covered (no repeats).	DD to count	Group A Open & Female – 175

Group A & B Optional Dives

- Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.
- All back and inward take-offs are to be performed with a T-start armswing.

Qualification Standard

We have published the Qualification Standard required to qualify for the National Skills Finals in 2026. The publishing of these points does not imply divers are required to meet this standard to dive in this Regional competition.

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.