

**SWIM ENGLAND EAST REGION
(LEVEL 4) REGIONAL ELITE JUNIOR DIVING COMPETITIONS**

SOUTHEND SWIMMING & DIVING CENTRE

SUNDAY 22ND MARCH 2026

I am pleased to welcome you all to Southend today for the first running of the Swim England East Region's (Level 4) Regional Elite Junior Diving Competitions 2026.

We have guest divers from four clubs today, which will enhance our competition and provide a good opportunity for all competitors to test themselves.

This event is a warm up for the National event to be held in Edinburgh in April. It is (Level 4) Elite competition and normally the divers would compete over a number of days on all three boards. As this event is one day only we will be having competitions on 3m and Platform.

I hope the event will be enjoyable for everyone that attends, but if you have any comments please let me know by email and I will make sure that they are passed on to the organising committee.

Ian Rollinson

Event Co-ordinator

For and on behalf of the Swim England East Region Diving Committee

Tel: 07715 535539

Email: diveentries@eastswimming.org

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

Team Codes	Club Name	Guest
CDT	Cambridge Dive Team	
DLAC	Dive London Aquatics Club	Guest
SD	Southend Diving	
SDA	Southampton Diving Academy	Guest
SAND	Sandwell Diving Club	Guest
STAR	Star Diving Club Guildford	Guest

Diver's Name	Club	Event
Jorden Fisher-Eames	DLAC	Group A Boys Platform
Charles Tibbatts	CDT	Group A Boys Platform

Samantha Barr	SDA	Group A Girls Platform
Alice Billton	SD	Group A Girls Platform
Isabelle Parkinson	DLAC	Group A Girls Platform
Francesca Probert	SD	Group A Girls Platform
Gracie Marsh	SAND	Group A Girls Platform
Lois Fell-Cowen	SD	Group A Girls Platform
Artezina Kontopoulou	SAND	Group A Girls Platform
Tallulah Clarke	DLAC	Group A Girls Platform
Myia Richards	DLAC	Group A Girls Platform

Noah Baker	DLAC	Group B Boys Platform
Connor Craydon	DLAC	Group B Boys Platform
Jack Ellis	SDA	Group B Boys Platform
Rami Cooper	SDA	Group B Boys Platform

Emma Armstrong	SDA	Group B Girls Platform
Sophia Harris	DLAC	Group B Girls Platform
Mollie Cotter	SD	Group B Girls Platform

Sophie Gallagher	SAND	Group C Girls Platform
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Diver's Name	Club	Event
Max Goodwin	DLAC	Mens 3m
Oscar Kane	DLAC	Group A Boys 3m
Finn McFarlane	CDT	Group A Boys 3m

Kitty Smith	DLAC	Womens 3m
Erin O'Neill	SD	Group A Girls 3m
Jaime Gilbert	DLAC	Group A Girls 3m
Tegan Fookes	STAR	Group A Girls 3m
Gracie Marsh	SAND	Group A Girls 3m
Artezina Kontopoulou	SAND	Group A Girls 3m
Lois Fell-Cowen	SD	Group A Girls 3m
Sadie Stratford	SD	Group A Girls 3m
Myia Richards	DLAC	Group A Girls 3m
Samantha Barr	SDA	Group A Girls 3m
Alice Billton	SD	Group A Girls 3m
Emma Mansfield	SD	Group A Girls 3m
Ruby Taylor-Ross	DLAC	Group A Girls 3m

Rami Cooper	SDA	Group B Boys 3m
Jack Ellis	SDA	Group B Boys 3m
Noah Baker	DLAC	Group B Boys 3m

Emma Armstrong	SDA	Group B Girls 3m
Alice Murphy	SD	Group B Girls 3m
Sophia Harris	DLAC	Group B Girls 3m
Sophia Howard	CDT	Group B Girls 3m

Sophie Gallagher	SAND	Group B Girls 3m
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Swim England East Region

(Level 4) Regional Elite Junior Diving Competitions 2026

Sunday, 22nd March 2026, 10:00am – 16:00pm

Southend Swimming & Diving Centre

Programme - Timetable

Dive sheets to be signed and handed in at least 30 minutes before the event they relate to, we may run up to 30 minutes ahead of these published times.

Sunday - 22nd March

Start	End	Activity
09:50	- 10:00	<i>Technical Meeting for Coaches, Judges & Marshalls</i>
10:00	- 10:45	<i>Restricted Training for Events 1 - 5</i>
10:45	- 12:40	Event 1 Open A Platform
		Event 2 Female A Platform
		Event 3 Open B Platform
		Event 4 Female B Platform
		Event 5 Female C Platform
12:40	- 12:50	<i>Presentation of Medals for Event 1 - 5</i>
12:50	- 13:20	<i>Break</i>
13:20	- 13:50	<i>Restricted Training for Events 6 & 7</i>
13:50	- 15:20	Event 6 Open A 3m
		Event 7 Female A 3m
15:20	- 15:40	<i>Restricted Training for Events 8 - 10</i>
15:40	- 16:30	Event 8 Open B 3m
		Event 9 Female B 3m
		Event 10 Female C 3m
16:30	- 16:40	<i>Presentation of Medals for Event 6 - 10</i>
16:40		<i>Finish</i>