



## Diving Age Groups 2026

Under Swim England regulations and World Aquatics technical rules

**Sunday 3 May (9am – 6pm): C & A 1m & 3m; D & B platform**

**Monday 4 May (8.30am – 3.30pm): C & A platform; D & B 1m, 3m**

BH Live  
The Quays Swimming & Diving Complex  
27 Harbour Parade  
Southampton  
Hampshire  
SO15 1BA

Medals will be awarded to the top three South East Region divers in each event and 'guest' medals to any non-South East Region divers who rank in the top three overall of their event. Entries are welcome from eligible divers.

Conditions as National Age Groups 2026

**Entry closing date: Friday 17 April**

**Dive sheets close: Saturday 2 May (DiveRecorder)**

Entries 'by club' must specify name, gender (female or open), birth year and event(s) to be entered. Entry fee £15.50 per board. Payment via BACS to Swim England South East Region. A/C: 11514679, Sort: 40-32-19. Use ref: DAG26 + club code.

Entry fees are non-refundable unless on medical grounds. Refunds can only be processed on receipt of a professional's note.

Late entries can only be accepted if there is space, at a fee of £20.50 per board. Fees to be paid by the entry closing date. Timetables for each day will be circulated after the closing date. Swim England South East Region reserves the right to limit entry numbers. Participating clubs must provide suitably qualified judges.

Entries to be emailed by the closing date to the meet promoter.

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# Conditions

## Age categories for female and open

Group D – 9/10/11 years

Group C – 12/13 years

Group B – 14/15 years

Group A – 16/18 years

Ages recorded at 31 December in the year of competition

<b>Age Category</b>	<b>Height</b>	<b>Conditions</b>	<b>Performance Standard</b>
D	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd)	Female – 125 Open – 130
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd)	Female – 135 Open – 135
	5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd)	Female – 130 Open – 130
C	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) (min 4 groups to be covered)	Female – 160 Open – 165
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) (min 4 groups to be covered)	Female – 170 Open – 170
	5m/7.5m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) (min 4 groups to be covered)	Female – 165 Open – 165
B	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit	Female – 185 Open – 200
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	Female – 195 Open – 210
	5m/7.5m/10m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit (min 4 groups to be covered)	Female – 175 Open – 180
A	1m	5 dives from 5 groups (9.0 dd) + 3 dives from 3 groups no limit	Female – 220 Open – 230
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit	Female – 230 Open – 245
	5m/7.5m/10m	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit	Female – 205 Open – 215

#### Eligibility:

- Divers must be Swim England 'club compete' registered.
- Divers who have competed at regional age groups are ineligible at the National Skills Finals in the same year.
- Divers who have achieved the Swim England National Age Group Championships performance standard at a regional or open club event on any board in the same calendar year as the National Skills Finals are ineligible at the National Skills Finals while in that age category.
- Divers who have competed at the Aquatics GB Next Gen Championships (previously Elite Juniors) are ineligible at the Swim England National Age Group Championships, unless moving up an age group and with Swim England Diving Leadership Group approval.
- Divers who have achieved the Aquatics GB Next Gen Championships performance standard at a regional or open club event on any board in the same calendar year as the Swim England National Age Group Championships are ineligible at NAGs while in that age category.
- It is encouraged and expected that the performance standards for the Swim England National Age Group Championships are achieved at an open club or regional event in the same year as the national event.
- Divers who have competed in the Aquatics GB Diving International, Aquatics GB National Cup, Aquatics GB Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro) are ineligible at the Swim England National Age Group Championships.

