

AQUATICS GB DIVING INTERNATIONAL SCHEDULE

30TH JANUARY – 1ST FEBRUARY 2026

Training

Wednesday 28th & Thursday 29th January

Dry Dive: 07:30-17:00

Diving Pool: 08:30-17:00

Competition

Please note that times are subject to change

Friday 30th January

Session	Time	Competitions
1	10:00	Men's 3m Springboard Prelim
		Restricted Training (30 Minutes)
	12:30	Women's 10m Platform Prelim
	13:10	Session Ends
		Lunch break and Training
Session		
2	15:00	Men's 3m Springboard Final
		Restricted Training (30 Minutes)
	16:40	Women's Platform Final
		Medal Presentations
	17:30	Session Ends

Saturday 31st January

Session	Time	Competitions
3	11:00	Men's 10m Platform Prelim
	11:50	Session Ends
		Lunch break and Training
Session		
4	14:00	Women's 3m Synchro Final
		Restricted Training (30 Minutes)
	15:30	Men's 10m Platform Final
		Restricted Training (30 Minutes)
	16:45	Men's 3m Synchro Final
		Medal Presentation
	17:50	Session Ends

Sunday 1st February

Session	Time	Competition
5	11:00	Women's 3m Springboard Prelim
	12:10	Session Ends
		Lunch Break and Training
Session		
6	14:00	Women's and Men's 10m Synchro Final
		Restricted Training (30 Minutes)
	15:30	Women's 3m Final
		Medal Presentation
	16:30	Session Ends

At the end of Session 3 and Session 5, athletes from the City of Sheffield Diving Club will perform a Diving Showcase for approximately 15 minutes

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