

# **AQUATICS GB DIVING INTERNATIONAL 2026 SPECTATOR INFORMATION**

**30<sup>th</sup> JANUARY – 1<sup>st</sup> FEBRUARY 2026, PONDS FORGE  
INTERNATIONAL SPORTS CENTRE**

The Aquatics GB Diving International is your first chance to witness incredible diving action in 2026 - with the three-day competition hosted in Sheffield across 30th January-1st February.

The inaugural Aquatics GB Diving International takes place at Ponds Forge International Sports Centre and presents the opportunity to see Britain's leading divers take on a host of top talent from around the globe.

Across the action scheduled from the diving boards, athletes will compete in the 3m springboard and 10m platform individual and synchro medal events - with this World Aquatics recognised event a key launchpad into the 2026 season.

## How do I get to Ponds Forge?

**From Sheffield Train Station** - 5 Minute Drive, 8 Minute Tram Ride or 9 Minute Walk

**From Sheffield Interchange (Bus Station)** - 4 Minute Drive or 6 Minute Walk

Ponds Forge, International Sports Centre,  
Sheaf Street,  
Sheffield City Centre,  
Sheffield  
S1 2BP

## Parking

### Venue Parking

There is limited onsite parking at Ponds Forge, with dedicated disabled spaces on the top level. Ponds Forge operates a ANPR system car park. Tickets can be purchased from the machines located at the entrance to the lift lobbies. Car Park closes when the venue closes.

### Event Car Park Information

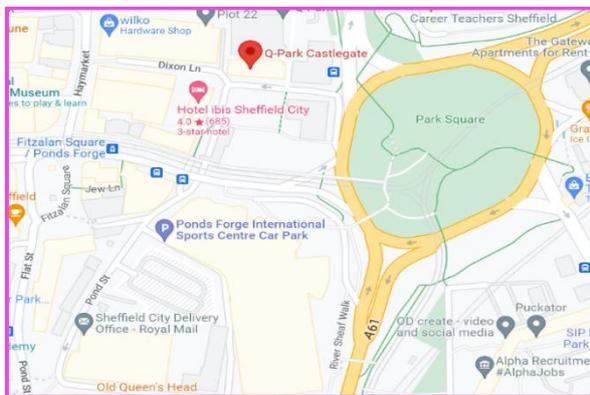
All event attendees are advised to use the official event car park- Castlegate Q Park (closest to Ponds) or Sheffield Station.

On the day event parking customers will receive a **15%** discount on the published prices by scanning their ticket whilst in Ponds Forge.

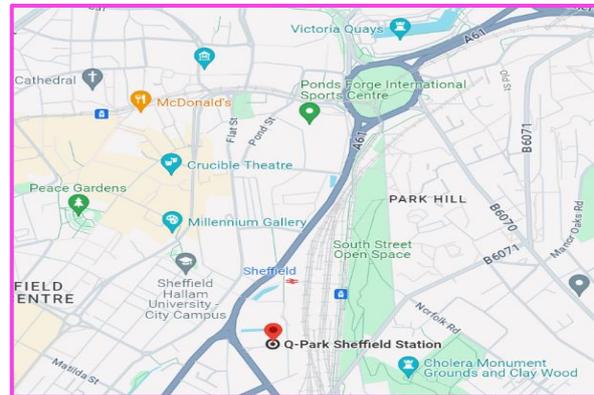
There are a limited number of advance bookable spaces available where customers will receive a 50% but following the process below:

1. Attendees should pre book this via the following website:  
<https://www.q-park.co.uk/en-gb/cities/sheffield/>
2. Customer selects one of the 2 list car parks (Castlegate or Sheffield Station).
3. Enter the discount code for 50% off - **PFQPSHF50** & enter vehicle reg plate which will enable the barriers to open on the event day, *they can enter and exit as many times as they like during the prebooked period without the need for any tickets.*

**Castlegate Q Park (3 Broad St W, Sheffield City Centre, Sheffield S1 2BQ)**



**Q Park Sheffield Station (Turner Street, Sheffield S2 4AA)**



**Accessibility**

The venue is fully accessible, providing level access/lifts, changing places, accessible toilets and spectator seating.

You can find the accessibility guide on the Aquatics GB Diving International 2026 webpage — it's located under the Fans tab [here](#).

**Sheffield Event**

Please note that on the date below, the following event are also taking place at Ponds Forge International Sports Centre so certain areas may be busier than usual.

Event	Date	Location	Time
Kyu Grade, Children's & Veterans Championships	31 <sup>st</sup> January	Ponds Forge	09:00 – 17:00

## Session Information

Doors will be opened to spectators 90 minutes before the start of each Morning Prelim session and Afternoon Finals session.

### Friday 30<sup>th</sup> January

Prelims – 10:00

Finals – 15:00

### Saturday 31<sup>st</sup> January and Sunday 1<sup>st</sup> February

Prelims – 11:00

Finals – 14:00

## Schedule

### Friday 30<sup>th</sup> January

#### Session 1 – 10:00

Men's 3m Springboard Prelim  
Women's 10m Platform Prelim  
Ends: 13:10

#### Session 2 – 15:00

Men's 3m Springboard Final  
Women's 10m Platform Final  
Ends: 17:30

### Saturday 31<sup>st</sup> January

#### Session 3 – 11:00

Men's 10m Platform Prelim  
Ends: 11:50

#### Session 4 – 14:00

Women's 3m Synchro Final  
Men's 10m Platform Final  
Men's 3m Synchro Final  
Ends: 17:50

### Sunday 1<sup>st</sup> February

#### Session 5 – 11:00

Women's 3m Springboard Prelim  
Ends: 12:10

#### Session 6 – 14:00

Women and Men's 10m Synchro Final  
Women's 3m Springboard Final  
Ends: 16:30

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

## [Ticket Information](#)

Tickets are available to purchase [HERE](#) or on arrival from the Spectator Services Desk.

Tickets are not being reserved for on the door sales, therefore will only be available for sessions that have not sold out online.

- Concessions are those 16 and under, 65 and over and, students (ID required).
- Accessible tickets come with a free complimentary companion ticket.
- Online tickets will be available **until 15:00 on Thursday 29<sup>th</sup> January**. After this time, tickets will only be available for purchase from the Spectator Services Desk.
- Upon arrival, you will be issued with a hand stamp granting access to the spectator balcony and permitting re-entry.

## [Sport Information / Spectator Services Desk](#)

The Sport Information / Spectator Services Desk will be located in the Foyer of Ponds Forge near the main reception desk and will be open at the following times:

Date	Opening Times
<b>Wednesday 28<sup>th</sup> January</b>	07:15 – 17:00*
<b>Thursday 29<sup>th</sup> January</b>	07:15 – 17:00*
<b>Friday 30<sup>th</sup> January</b>	07:00 – approx. 15 minutes after the last Diving event begins*
<b>Saturday 31<sup>st</sup> January</b>	07:00 – approx. 15 minutes after the last Diving event begins*
<b>Sunday 1<sup>st</sup> February</b>	07:00 – approx. 15 minutes after the last Diving event begins*

\*Please note that the desk may close earlier than the above times

## [Merchandise](#)

Aquatics GB merchandise will be available to purchase from the Sport Information Desk, including our famous bucket hats!

## [Food and drink](#)

There is an onsite cafe available offering both hot and cold snacks, sandwiches, meals and beverages.

## Safety and Security

All incidents, accidents, or near misses — whether involving workforce members, athletes, or the public — must be reported immediately.

The venue operates a no smoking policy throughout including e-cigarettes.

Dogs will not be permitted into the venue (police, security and assistance dogs are accepted)

No camera, sound recording equipment or other photographic apparatus is permitted to be brought into the venue for commercial purposes without permission.

Bag checks will take place before entry to spectator seating. Guests are advised to bring one small bag, into the venue.

## How is Diving Scored?

The scoring system differs depending on whether they are Individual or Synchronised events however, Diving scores use a range from one to 10, in ½ point increments. Individual events are scored purely by execution whereas, the Synchronised events are also scored on Synchronisation as well as execution.

### Individual Events

Individual events are scored by a panel of seven judges. Once all seven judges submit their scores for a dive, the two highest and two lowest scores are eliminated.

Therefore, leaving the remaining three scores to be added together to calculate the execution score before being multiplied by the degree of difficulty of the performed dive.

This will provide their score for that particular round. Every round the Dive score is added to the total of the previous rounds to provide the Diver's overall score.

### Synchronised Events

Synchronised events are scored by a panel of eleven judges. Six judges are assigned to scoring the execution (three focusing on one diver of the pair, while a separate three focus on the other diver of the pair). The other five judges are assigned to score the Synchro pair's synchronisation.

Once all eleven judges submit their scores, only five are used: the median execution scores for each Diver, alongside the middle three synchronisation scores. All five scores are added together, multiplied by 0.6 to align closer with Individual event scores then multiplied by the degree of difficulty.

## Diving Penalties

The below penalties outline how Dives can deducted and for how many points:

- **Failed Dive** – 0 points possible – this is when the diver lands flat, does the wrong dive or doesn't make the full dive
- **Restarted Dive** – total dive score with a 2 point deduction from each judge (this is automatically applied within dive recorder but the announce may read '5 less deduction reads 3 ...')
- **Flight or Danger** – maximum of 2 points can be awarded for the dive by each judge – this could be an inward or reverse dive that is too close to the board
- **Arm Position** – maximum of 4 ½ points can be awarded for the dive by each judge – generally it unlikely to happen at this level of event

For further information on Scoring, please click [here](#).