



4th-7th June 2026
Sandwell Aquatics Centre

 Aquatics GB
DIVING
CHAMPIONSHIPS

ENTRY
PACK



CONTENTS

CONTACT INFORMATION	3
KEY DATES AT A GLANCE	3
<i>TRAINING</i>	3
<i>COMPETITION</i>	4
HOW TO ENTER	4
ENTRY FEES.....	5
SCHEDULE OF EVENTS	5
TECHNICAL MEETING	6
DIVE SHEETS	6
REGISTRATION/MEMBERSHIP DEADLINE.....	7
EVENT CONDITIONS.....	7
TICKETS.....	9
ACCREDITATION.....	9
<i>ATHLETES</i>	10
<i>COACHES, TEAM STAFF, CHAPERONES</i>	10
DOPING CONTROL	10
COACH/CHAPERONE PASSES.....	12
RESULTS	12
SECURITY / HEALTH AND SAFETY	13
SEXUAL HARASSMENT	14
PHOTOGRAPHY POLICY.....	15
PHOTOGRAPHY REFUSAL FORM.....	17

CONTACT INFORMATION

Aquatics GB Contact	Venue Contact
<p>Issy Griffiths Aquatics GB SportPark 3 Oakwood Drive Loughborough LE11 3QF isobel.griffiths@aquatics.gb.com</p>	<p>Sandwell Aquatics Centre Londonderry Ln Smethwick B67 7EW Website</p>

Please see below guides for planning your team’s trip:
[Accommodation in Birmingham](#)
[Things to Do in Birmingham](#)
[Eating Out in Birmingham](#)

KEY DATES AT A GLANCE

- Entry Opening Date:** Wednesday 15th April 2026
- Entry Deadline (before late fee applies):** Wednesday 20th May 2026 @ 17:00
- Training Dates:** Tuesday 2nd – Wednesday 3rd June 2026
- Technical Meeting:** Wednesday 3rd June 2026 at 16:30
- Competition Dates:** Thursday 4th – Sunday 7th June 2026



TRAINING

Training will be available at the following times during the training days:

Date	Diving Pool	Diving Dryland
Tuesday 2nd June 2026	9am – 4pm	8am – 4pm
Wednesday 3rd June 2026	9am – 4pm	8am – 4pm

COMPETITION

Training during the competition days will be available at the following times:

Date	Diving Pool	Diving Dryland
Thursday 4th June 2026	8am – 9.45am, in between and post competitions until 8pm	7am – 8pm
Friday 5th June 2026	8am – 9.45am, in between and post competitions until 8pm	7am – 8pm
Saturday 6th June 2026	8am – 10.45am, in between and post competitions until 8pm	7am – 8pm
Sunday 7th June 2026	8am – 10.45am, in between and post competitions until 8pm	7am – 8pm

Times are subject to confirmation closer to the time

HOW TO ENTER

British Athletes

All entries for the Aquatics GB Diving Championships will be made online, please click [HERE](#) for the entry page. Paper entries will not be accepted.

For synchro entries, both members of a synchro team need to enter through the online system. Each member also needs the registration number of the other team members. This information can be accessed [HERE](#).

International Athletes

Please email isobel.griffiths@aquaticsgb.com with the following details for each of your athletes.

- Full Name
- Date of Birth
- Male or Female
- Events to be entered into
- Synchro Partners
- Club / Country
- Name of Athlete's Coach

A passport-style headshot of each athlete must also be provided.

Entries must be received by 5pm on Wednesday 20th May 2026. A late fee for individual events of £40.00 will be charged after this date. The late entry fee for synchro events will be at the discretion of the Aquatics GB Diving Head Coach.

No late entries will be accepted from 4.30pm on Wednesday 3rd June 2026 when the Technical meeting commences.

ENTRY FEES

Individual events: £20.00

Synchro events (per diver): £20.00

SCHEDULE OF EVENTS

Please note that times are subject to change

Thursday 4th June

Session 1 – 10:00

Men's 1m Springboard Prelim
Women's 3m Springboard Prelim

Session 2 – 15:00

Men's 1m Springboard Final
Women's 3m Springboard Final
Men's and Women's Platform Synchronised
Final

Friday 5th June

Session 3 – 10:00

Women's 1m Springboard Prelim
Men's 3m Springboard Prelim

Session 4 – 15:00

Women's 1m Springboard Final
Men's 3m Springboard Final

Saturday 6th June

Session 5 – 11:00
Women's Platform Prelim

Session 6 – 14:00
Men's 3m Synchronised Final
Women's Platform Final

Sunday 7th June

Session 7 – 11:00
Men's Platform Prelim

Session 8 – 14:00
Women's 3m Synchronised Final
Men's Platform Final

TECHNICAL MEETING

The technical meeting will take place at 4.30pm on Wednesday 3rd June in the training room at Sandwell Aquatics Centre.

DIVE SHEETS

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the Recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use. To submit your dive sheets on-line there are two options:

- Either visit: www.diverecorder.co.uk/online sheets and follow the instructions, or
- if you have an Android phone or tablet, you can get the ADiveSheets app from this page on the DiveRecorder website: www.diverecorder.co.uk/dive/android

As soon as you complete either online submission method, you will see a success/failure message.

If you experience problems and need assistance please contact Jackie Laugher: jackielaugher@yahoo.com

Electronic dive sheets must be submitted where possible. Electronic submissions must be made by midnight on Tuesday 2nd June 2026. You will be asked to sign hard copies of these sheets at the venue, available from the Recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders at Sandwell Aquatics Centre.

If manual dive sheets need to be submitted, submissions must be made by 9am on Wednesday 3rd June.

For late entries, please do not submit a dive sheet until the late entry has been submitted and processed.

REGISTRATION/MEMBERSHIP DEADLINE

Divers should be registered with their respective Home Nation Governing Body 60 days prior to the commencement of the National Event ("The Meet") for which the diver is entering.

International divers must be a member of their country's diving federation in order to enter.

EVENT CONDITIONS

Event Conditions for Aquatics GB Diving Championships 2026

INDIVIDUAL

Category	Gender	Dives	Conditions
1m	Male	6 dives	6 dives from 5 groups no limit.
3m	Male	6 dives	6 dives from 5 groups, no limit.
5m, 7.5m and/or 10m	Male	6 dives	6 dives from 6 groups no limit.
1m	Female	5 dives	5 dives from 5 groups no limit.
3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m	Female	5 dives	5 dives from 5 groups no limit.

Synchronised Pairs

Category	Gender	Dives	Conditions
3m	Male	6 dives	2 dives with an allocated dd of 2.0 plus 4 x optional dives. 5 groups to be covered
5m, 7.5m and/or 10m	Male	6 dives	2 dives with an allocated dd of 2.0 plus 4 x optional dives. 5 groups to be covered
3m	Female	5 dives	2 dives with an allocated dd of 2.0 plus 3 x optional dives. 5 groups to be covered
5m, 7.5m and/or 10m	Female	5 dives	2 dives with an allocated dd of 2.0 plus 3 x optional dives. 5 groups to be covered

Awarding of British Championships Medals:

1. Divers eligible to compete for Great Britain are eligible for British Medals. In all events there will be Open and Closed medals.
2. Open medals will be awarded if a diver not eligible to compete for Great Britain, placed in the top 3 in a Final.
3. In Platform competitions, only divers performing ALL dives from the 10m board are eligible for medals.

Selection to British Teams:

Divers wishing to be eligible for selection in platform competitions for either Team A or Team B must compete all dives from the 10m platform. All selections will be based upon the published Selection Policy.

EVENT FORMAT

- Individual events – there shall be 1m, 3m and Platform events.
- There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver(s) will be taken to ensure the top 8 GB divers progress with a maximum of 10 divers in any final).
- Individual platform dives can be performed from 10m, 7.5m or 5m platforms in prelims and finals. Priority of progression into the platform finals will be given to divers completing their full list from 10m. Any places in the final not filled by those with full 10m platform lists will then be available for divers performing some of their platform list from 5m / 7.5m boards based on points scored in the prelims.

- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged at least 11 years by the 31 December in the year of competition.
- No dive may be repeated in any event.
- Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- Synchronised events will be a straight final.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting.
- Divers may compete in synchronised events only.

PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS

Gender	Event	Conditions	No. of Dives	Standard
Women	1m	5 from 5	5	190
	3m	5 from 5	5	210
	Platform	5 from 5	5	210
Men	1m	6 from 5	6	250
	3m	6 from 5	6	300
	Platform	6 from 6	6	300

TICKETS

Tickets for all sessions will be available in due course. Please check the [Aquatics GB Website](#) for further updates.

ACCREDITATION

All competitors, coaches, chaperones and support staff must have a valid accreditation to gain access to athlete areas at the event. Accreditation is non-transferable and must be always worn when accessing athlete areas.

If the pass is forgotten, lost or mislaid, a replacement pass will be re-issued for a fee of **£10.00** at the Sport Information Desk.

ATHLETES

Your accreditation will be sent to you by email in PDF format upon completion of your entry. Please print and bring with you to the event where you can collect a pouch and lanyard from the Sport Information Desk.

If you are unable to find the accreditation link within the confirmation email, you can issue yourself a replacement via the link **HERE**.

COACHES, TEAM STAFF, CHAPERONES

All coaches, team staff and, chaperones and must have a valid photo to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £10.

A valid DBS check, safeguarding qualification and fulfilment of the minimum qualification/requirement for the specific role (stated below) you are undertaking is required.

	Application Links
Swim England members	HERE
Scottish Swimming/Swim Wales members	HERE
Sports Science/Sports Medicine	HERE
International	HERE

DOPING CONTROL

If an athlete is subject to doping control, they should ensure they provide detail of all medications (prescribed or over the counter and including dosage) and supplements taken within the last 7 days in advance of the test and (where the sample collected is a blood sample) blood transfusions within the previous three (3) months, on the Doping Control Form.

Please check your medications via <https://www.globaldro.com/home/index>

If the medication you are taking is prohibited in or out of competition you may require a TUE. Please read the details below.

Therapeutic Use Exemption (TUE)

BRITISH ATHLETES ONLY (International athletes please see below)

If an athlete **IS WITHIN** the National TUE Pool, they are required to obtain a TUE before using a prohibited medication or method. You can check if you are within the National TUE Pool via <https://www.ukad.org.uk/national-tue-pool> and selecting 'aquatics'.

If an athlete is **NOT** within the National TUE Pool but using a prohibited medication or method **and** is subject to doping control they are required to apply for a retroactive TUE. Athletes are encouraged to notify UKAD they wish to apply for a retroactive TUE as soon as possible following doping control (tue@ukad.org.uk)

If British Athletes require support or have a query about any medications, supplements or the anti-doping rules please contact Jane Smith at Aquatics GB via jane.smith@aquaticsgb.com

You can find out more information about Medications on the UKAD website <https://www.ukad.org.uk/medicine>

INTERNATIONAL ATHLETES ONLY (British athletes, please see above)

If you are an international athlete requiring a TUE, please contact either your National Federation, your National Anti-Doping Organisation or World Aquatics.

Strict Liability means an athlete is wholly responsible for any banned substance found in their system, no matter how it got there.

As a safety precaution and in line with best practice, we recommend that if you or your athlete is required to attend doping control, another individual remains on site to accompany you or the athlete to their destination afterwards, to ensure they are not alone.

COACH/CHAPERONE PASSES

All coaches, chaperones and physiotherapists must have a valid photo to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £10 per event. **A valid DBS check, coaching and safeguarding qualification is required. Coach pass applications are now open [here](#).**

Swim England - Disclosure and Barring Service (DBS) checks are required for Swim England members in regulated roles such as, Coaches, Team Staff and Chaperones. Further information for Swim England Members can be found [here](#).

If a DBS application was carried out through another organisation the certificate can be reused if registered with the [DBS Update Service](#). If you hold a disclosure that has been registered with the DBS Update Service, and you have not yet given the Swim England written consent to check the status, please submit your original disclosure certificate along with a completed consent form to dbs@swimming.org.

Scottish Swimming/Swim Wales – For queries regarding PVG for Scottish Swimming members, please email wellbeingprotection@scottishswimming.com. For queries regarding DBS for Swim Wales members, please email welfare@swimwales.org.

If you need to re-print your coach pass on site, a charge of £10.00 applies. If you need to purchase your coach pass on site, please note a late fee of £20.00 will apply. Please note the event is cashless and only card payment will be accepted on site.

Coaches/Chaperones will not be allowed on poolside without a valid accreditation.

RESULTS

All results will be available through Dive Recorder.

SECURITY / HEALTH AND SAFETY

Security staff will be on site at the venue, checking all accredited persons at key access points to the venue and the pool and carrying out ticket checks for spectators.

The health, safety, and wellbeing of all staff, volunteers, athletes, and spectators is our top priority. It is essential that every member of the workforce understands their role in maintaining a safe environment and knows how to act in the event of an incident.

Incident Reporting Procedure

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

- Injuries (minor or serious)
- Illnesses
- Sexual Misconduct/Harassment
- Unsafe conditions or hazards
- Damage to equipment or infrastructure
- Security concerns or suspicious behaviour

To report an incident:

1. Ensure safety first – If there is immediate danger, alert your Team Leader, venue staff, event organisers or on-site medics.
2. Notify the Event Organisers – provide clear details of the incident.
3. If necessary, complete an Incident Report Form.
4. Follow instructions – Remain available to assist if needed, and do not leave the area unless instructed.
5. If you are ever unsure of how to respond to a situation, speak to the Event Organisers immediately.

Aquatics GB will work with London Aquatics Centre to ensure that the venue is safe for all participants and for the competition to take place to World Aquatics Standards adhering to all UK health and safety guidance A full risk assessment of the event will be completed and checked daily.

SEXUAL HARASSMENT

SPEAK UP

AGAINST SEXUAL HARASSMENT



Unwanted conduct of a sexual nature which has the purpose or effect of violating an individual's dignity, or creating an intimidating, hostile, degrading, humiliating or offensive environment.

4 Types of sexual harassment

VERBAL/WITTEN

- Remarks of a sexual nature about a person's clothing, personal behaviour or body
- Sexually explicit statements, questions, jokes or anecdotes
- Requesting sexual favours or dates
- Spreading rumours about a person's personal life
- Coercion of sexual activity by threat of punishment
- Excessive and unwelcome flirting

PHYSICAL

- Impeding or blocking a person's physical movement
- Inappropriate and unwanted touching of a person and/or their clothing
- Other inappropriate touching including kissing, hugging, patting, stroking or rubbing
- Playing music with offensive or degrading language
- Purposefully brushing up against another person

NON-VERBAL

- Looking a person's body up and down
- Making derogatory gestures or facial expressions of a sexual nature
- Frequently following or standing too close to a person on purpose
- Whistling or staring in a sexually suggestive or offensive manner

VISUAL

- Displaying sexually suggestive objects, pictures, cartoons, posters, calendars or computer screens
- Showing other people sexually suggestive text messages or emails
- Sharing sexually inappropriate images or videos such as pornography

Please speak up and contact speakup@aquaticsgb.com
or alternatively leave a message on our confidential line **0808 1000 323**

Individuals are encouraged to provide their details but may also choose to remain anonymous.



PHOTOGRAPHY POLICY

Aquatics GB are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within an Aquatics GB setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

Aquatics GB encourage all spectators and participants at Aquatics GB events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

Aquatics GB is committed to ensuring that all children who participate in Aquatics GB activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

This event **will be photographed and live streamed**. Static images will be displayed on the Aquatics GB website [HERE](#). They will be used to promote the sport at this event and events in the future. Moving images may be displayed at the venue and via live stream at www.britishswimming.org. In addition, Aquatics GB may use these 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 and if there are any concerns, please speak to the Event Officer present. However, if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to the Aquatics GB Events Department at British.events@aquatics.gb.com.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the Swim England Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer.

Please note that professional photography is not permitted at this event without prior written consent. Personal photography for private use is welcome provided it does not disrupt the event or infringe on the privacy of others.

4th-7th June 2026
Sandwell Aquatics Centre

PHOTOGRAPHY REFUSAL FORM

Should you or any of your divers prefer not to be photographed please complete the refusal of consent and return to the events office prior to the event.

NAME OF DIVER: _____

DATE OF BIRTH: _____

I refuse permission for the taking and/or publication of images of the above diver by the Official Photographer(s) in respect of the Aquatics GB Diving Championships 2026

SIGNED _____
(DIVER/PARENT/CARER):

PRINT NAME: _____

DATE: _____

Please email this form to: isobel.griffiths@aquaticsgb.com