



Event Information

London Aquatics Centre, Queen Elizabeth Olympic Park, London E20 2AQ
Friday 14th – Monday 17th November 2025

Dear Diving Clubs,

Following the success of last year's event, it is with great pleasure that we invite you and your divers to the London Aquatics Centre for the 4th London Legacy Open, being held in memory of our coach and friend, David Jenkins.

Key Dates:

Entry Deadline: 12th October, 2025.

Electronic Dive Sheet Deadline: 11th November, 2025.

We look forward to welcoming you to London.

LLO organising committee,
On behalf of Dive London Aquatics Club

In Partnership with
everyone
ACTIVE

David Robert Jenkins

1989-2021



The London Legacy Open will be held in memory of David Jenkins, a Dive London, British Diving and Tokyo 2020 TeamGB diving coach who sadly passed away in October 2021. Dave was known for his relentless drive, unwavering commitment, and infectious positivity.

Dave inspired us all to be our very best. He brought an incredible amount of fun to poolside, with his silly habits and endless energy. He was immediately liked and admired by everyone he crossed paths with around the world and is truly missed every day.

Dave had very strong values including **kindness**, **determination**, and **teamwork**. The LLO will be held with these values at its heart and we invite the whole diving community to help carry these forward.



Dave loved making people smile, which he sometimes achieved by wearing funky socks to the pool.

All divers, coaches, officials, and supporters are encouraged to wear funky socks throughout the event in his memory.



50% of profits from the London Legacy Open event will go towards the Charity
David Jenkins Super Fund

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THE EVENTS

Event Conditions

The events will be run under World Aquatics Technical Rules for Diving. The competition will be held as a Senior and Age group World Aquatics Test event (Group C will go by British Diving Elite Conditions).

Events and Age Groups (age as at midnight on 31st December 2025) will be as follows:

Men and Women:	No age category
Age Group A:	Age 16, 17 or 18 years on December 31st 2025
Age Group B:	Age 14 or 15 years on December 31st 2025
Age Group C:	Age 12 or 13 years on December 31st 2025 (Divers under 12 can be entered as Group C)

In agreement with their coach, divers are eligible to compete in the next age group that is higher than their actual age, e.g. an Age Group C diver may choose to enter as an Age Group B, or from Age Group A into Senior, however, the diver will be considered to be the upper Age Group category for events throughout this Meet, this also includes the Super Dave team event.

The Swim England Competition Pathway handbook states "Once a diver achieves the minimum Performance Standard at an Open Club event in the same calendar year as the national event for which it is recommended, that diver must remain at that level of competition in the pathway or above, whilst in that age category".

A diver is not permitted to enter both an Age Group event and a Senior Men/Women event, other than for the Synchro events which are Open events.

There will be 1m, 3m and Platform individual events as well as 3m and Platform synchronised events. Platform heights of 5m, 7.5m and/or 10m will be permitted.

In all events, forward and reverse dives on springboard will be performed with a running or standing start.

Divers must be supervised by a Level 2 Diving Coach in the Pool and Dryland area.



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Event Requirements

Individual Requirements: Senior (with expected Standard)

Event	Board	Dives	Conditions	Entry Standard
Senior Men	1m & 3m	6 dives	6 dives from 5 groups, no limit	1m (250) 3m (300)
Senior Men	Platform	6 dives	6 dives from 6 groups, no limit	300
Senior Women	1m, 3m & Platform	5 dives	5 dives from 5 groups, no limit	1m (190) 3m & Plat (210)

Individual Requirements: Age Groups (with Junior expected Standard)

Category	Gender	Event	Conditions – Individual Events	No. Of Dives	Entry Standard
Group C (9-13 years)	Girls	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8	230
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8	250
		Platform*	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5m/7.5m*)	7	230
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8	240
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8	260
		Platform*	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5m/7.5m*)	7	240
Group B (14-15 years)	Girls	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8	260
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8	280
		Platform	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5 groups to be covered)	7	250
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 4 optional dives from 4 groups no limit	9	310
		3m	5 dives from 5 groups max difficulty of 9.5 + 4 optional dives from 4 groups no limit	9	330
		Platform	4 dives from 4 groups max difficulty of 7.6 + 4 optional dives from 4 groups no limit (5 groups to be covered)	8	300
Group A (16-18 years)	Girls	1m	5 dives from 5 groups max difficulty of 9.0 + 4 optional dives from 4 groups no limit	9	270
		3m	5 dives from 5 groups max difficulty of 9.5 + 4 optional dives from 4 groups no limit	9	300
		Platform	4 dives from 4 groups max difficulty of 7.6 + 4 optional dives from 4 groups no limit (5 groups to be covered)	8	290
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 5 optional dives from 5 groups no limit	10	350
		3m	5 dives from 5 groups max difficulty of 9.5 + 5 optional dives from 5 groups no limit	10	390
		Platform	4 dives from 4 groups max difficulty of 7.6 + 5 optional dives from 5 groups no limit (6 groups to be covered)	9	370

Synchro Requirements:

Category	Board	Gender	Dives	Conditions
Open to both senior and age group divers	3m Synchro	Male	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered
	Platform Synchro	Male	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered
	3m Synchro	Female	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered
	Platform Synchro	Female	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered

Super Dave Team event:

Team conditions	Dive conditions	Entry process
2 divers from any team 1 male, 1 female diver 1 diver from group C/B and 1 diver from group A/senior (ages are as per individual events entered)	Total of 4 dives Both divers compete 1 dive each from 3m springboard and one dive each from platform (choice of any of 5m, 7.5m or 10m) No dd limit, 4 groups to be covered	Entry due as of COP by 11am, Sunday 16th November via dive sheets at the recorders desk.

If a diver has chosen to 'Dive up' in the Age Group events, or dive senior they will be considered of that category for this event as well.

We would encourage divers from different teams and countries to pair up for this event as it is a fun event.



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Preliminaries and Finals Process

Event	Finals rules
All 1m events	Straight finals
Men and Women 3m and Platform events	Top 8 ranked divers after the Preliminary round go through to final. No Preliminary scores will be carried forward.
Age group events	Top 8 ranked divers after the Preliminary round go through to final The score of the tariff-restricted dives will be carried forward to the respective Final. The Finals will comprise the optional, unrestricted tariff dives only.

Awards and Presentations

The following awards will be presented:

- **Gold, Silver and Bronze** medals for all events.
- **David Jenkins Shield** for the top raw scoring twisting dive (if tie, higher DD wins).
- **Legacy Team Trophy** for the highest scoring club/team. Team points will be awarded in all individual events (not synchro). Only the top one diver in each event, from each club, will count towards team points from the finals. We will run through the awarding of final points at the technical meeting.

During parades and medal ceremonies full club kit or tracksuits must be worn.



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PROGRAMME OF EVENTS

Competition schedule

Please note that the Final Programme of Events and timetable will be issued after all entries have been submitted. Timings in the programme of events below are subject to change depending on entries. Estimated finish time on Monday 17th of November is 17:00.

Day 1: Friday November 14	Day 2: Saturday November 15	Day 3: Sunday November 16	Day 4: Monday November 17
Session 1: 10:00*	Session 2: 10:00*	Session 4: 10:00*	Session 6: 10:00*
C Girls 1m (Final) C Boys 3m	B Girls Platform B Boys 1m (Final)	B Boys 3m A Boys 1m (Final)	C Girls Platform C Boys 1m (Final)
A Girls 3m B Boys Platform	A Girls 1m (Final) A Boys 3m	B Girls 1m (Final) A Girls Platform	B Girls 3m A Boys Platform
Senior Women Platform Senior Men 1m (Final)	C Girls 3m C Boys Platform	Senior Women 3m Senior Men Platform	Senior Women 1m (Final) Senior Men 3m
Session 2: 15:00**	Session 3: 15:00**	Session 7: 15:00**	Session 5: 15:00**
C Boys 3m Final	B Girls Platform Final	B Boys 3m Final	C Girls Platform Final
A Girls 3m Final	A Boys 3m Final	A Girls Platform Final	B Girls 3m Final
B Boys Platform Final	C Girls 3m Final	Senior Women 3m Final	A Boys Platform Final
Senior Women Platform Final	C Boys Platform Final	Senior Men Platform Final	Senior Men 3m Final
3m Synchro Finals Men & Women	Platform Synchro Finals Men & Women	<i>Super Dave Team Event</i>	

* Morning events within same box on above timetable will run concurrently.

**Afternoon session times are estimated and will be confirmed once entries are received.

Training times

Thursday

We hope to be able to offer training on Thursday 13th November. Please contact the Dive London coaching team on samcoachbuck2017@gmail.com to arrange training slots closer to the time. Please put “**LLO 2025 Thursday Training (club name)**” as the subject of the email. Please note, slots will be assigned on a first come first served basis and training will be charged at £5/diver/session if they become available.

Competition days

We anticipate that there will be open training from 07:30 (Dryland and Pool). Restricted training for competition boards will be in place from 09:00 prior to each session. All times throughout are subject to change once all entries are received. Non restricted boards will be open during restricted training.

Further training sessions in the evening of competition days, if available, will be confirmed after entries have been received and a detailed Programme is available.



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Technical meeting

A technical meeting will be held on Thursday evening in the meeting room, time to be confirmed. At least one representative from each Club is required to attend.

ENTRY PROCESS

Submitting Entries

Closing date – noon, 12th October, 2025.

- Entries will be by completion of the official Entry Form which was sent out alongside this Entry Pack. Only official forms sent by the club coordinator will be accepted.
- Entry forms must be emailed to **londonlegacyopen@gmail.com**, the subject line should read **LLO 2025 Entries (club name)**
- Late entries/changes may or may not be accepted at the discretion of the LLO organising committee.
- To ensure a safe and enjoyable experience for all, we reserve the right to limit numbers at the event. Early entry is strongly advised. Entries will be allocated on a first come first served basis.

Events T-shirts

London Legacy Open T-shirts will be available for pre-order. We are firming up details about these and details on the t-shirts and how to order will follow closer to the date. If your divers will likely be interested in the t-shirts, please email us at londonlegacyopen@gmail.com, with subject LLO t-shirts 2025, to ensure the updated information reaches you.

There will only be limited stock of t-shirts for sale at the event, so please order beforehand. We will also have some other merchandise for purchase using card payment only.

Entry Fees

The entry fees are as follows:

- Individual event: £16 / board
- Synchro: £20 / pair
- 3 board price: £42
- Super Dave Team event: free entry

Please back by BACS to:

Dive London Aquatics Club

Sort code: 30-84-58

Account: 79679268

Please use the reference LLOEF followed by your club's name (e.g. LLOEF-DIVELONDON)

All entry fees are non-refundable. Please submit your entry fees by 19th October or your club may not be able to compete. Any queries about payment should be directed to the treasurer on accounts@divelondonac.com



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Dive Sheets

Dive sheets must be submitted electronically on Dive Recorder by Tuesday 11th November. Signed dive sheets to be handed in by 9:30am the day of the event, but earlier is preferable.

Judging

All teams of 4 or more divers must provide a Judge for the duration of the weekend. A judge rota will be posted at the Technical Meeting. Please could you email londonlegacyopen@gmail.com with the name of your judge. If there are any specific events you would not be available to judge, please make this known ahead of time so we can plan the judging rota accordingly.

GENERAL INFORMATION

The Venue

Address: London Aquatics Centre, Queen Elizabeth Olympic Park, E20 2AQ

Telephone: 020 8536 3150

Diving facilities:

State of the Art, London 2012 Olympic facility including:

- Springboards: 4 x 1m Springboard, 3x 3m Springboard
- Platforms: 1x 1m Platform, 1x 3m Platform, 1x 5m Platform, 1x 7.5m Platform, 1x 10m Platform
- Dry Land: 3x board to mat, 2x board to pit, 2x trampoline, tumble track

The Dry land will be available for warm-ups, but all divers will always need a Level 2 Coach with them.

The poolside will need to be clear so all extra bags and clothes must be placed in a locker or behind the platform diving boards.

Getting to the venue:

By car: there is very limited paid parking at the Aquatics Centre, so we encourage visitors to use public transport to get to the venue. Should you choose to visit by car, alternative parking can be found in Westfield Shopping Centre.

Access by public transport:

- The nearest underground stations are Stratford (10-minute walk) and Hackney Wick (15-minute walk).
- There are more than 140 cycle racks outside the London Aquatics Centre, including a Santander Cycles docking station located outside the station.
- Stratford International station is just a 5-minute walk away
- St Pancras International and Kings Cross Stations are just seven minutes away by train to Stratford International.

Accessibility:



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The London Aquatics Centre is fully accessible with accessible changing rooms, toilets and nearby accessible parking spaces.

Refreshments:

Refreshments will be available for officials throughout the event. There is a café on site for spectators, competitors and coaches, and a large food court and several restaurants a short walk away at Westfield Shopping Centre. There are also spaces for tables on the balcony should clubs wish to provide their own food.

Hotel recommendations:

The following are just some of the hotels that are close to the pool:

- [Premier Inn Westfield Stratford](#)
- [Holiday Inn Express Stratford](#)
- [Hyatt House London Stratford](#)
- [The Stratford Hotel London Travelodge](#)
- [Snoozebox Olympic Park](#)
- [Moxy London Stratford](#)
- or apartments/hotels on websites such as www.booking.com

Accommodation near the pool can be expensive. Stratford (the nearest station to the pool) is very well connected, so you may wish to explore hotels along connecting tube lines, for example the Elizabeth line (purple line) or the Central line (red line). However, should you decide to stay in a place further from the pool, do factor in the cost and timings of public transport.

Contact Information for the Event

Should you have any questions, please don't hesitate to contact: londonlegacyopen@gmail.com



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