



**Scottish
Swimming**
Diving



Scottish National and Open Diving Championships 2026

**Royal Commonwealth Pool,
Edinburgh**

**6th February 2026
to
8th February 2026**

Licence Number: L1/821/SS/FEB26

VENUE DETAIL, SESSION TIMES & EVENTS & ELIGIBILITY INFORMATION

Dates	Friday 6 th February – Sunday 8 th February 2026	
Venue	<p>Royal Commonwealth Pool, 21 Dalkeith Road, Edinburgh, EH16 5BB 0131 458 2100.</p> <p>There is a café area at the pool offering a selection of hot and cold snacks. Please note that teams are not permitted to prepare food in the venue.</p>	
Diving Facilities	<p>Springboards 4 x 1m, 2 x 3m Platforms 1 x 1m, 1 x 3m, 1 x 5m, 1 x 7.5m, 1 x 10m Dry Land</p>	
Entry Process	All entries will be made online	
Scottish Swimming Contact	<p>Lindsay Lewis, Event Manager, Scottish Swimming Tel: 07715 710581 Email: nationals@scottishswimming.com</p>	
Key Dates	Entry Deadline	Friday 9 th January @ 12:00
	Training Dates	Monday 2 nd - Thursday 5 th February 2026
	Technical Meeting	Thursday 5 th February 2026 @ 18:00
	Judges Meeting	On completion of the Technical Meeting
	Competition Dates	Friday 6 th February – Sunday 8 th February 2026
Training Times	<p>Training in both the dryland and pool will be available on from Monday 2nd to Thursday 5th February on a first come, first served basis, at a small cost per diver. Please contact Vicki Tomlinson at vickitomlinson@edinburghleisure.co.uk to arrange training slots.</p> <p>On Friday, Saturday & Sunday there will be training from 07:00 (Dryland) and 07:30 (Pool). Restricted training will be in place for 30 minutes prior to each session. Further training sessions will be confirmed after entries have been received and a detailed Programme is available</p>	
Entry Process	<p>All entries for the event must be made online, via the entry page here. Home Nation divers, please note, a clear head shot photo must be uploaded on Biogs for entries to be submitted and accreditation issued.</p> <p>Overseas divers: a head shot photo must be emailed to nationals@scottishswimming.com once the entries are submitted.</p> <p>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 member. The information can be accessed under Members tab here.</p> <p>Overseas Synchro entries: please follow the online entry process.</p> <p>The entry system will be available here and will open on 1st December 2025</p> <p>Entry Deadline: 12:00 on Friday 9th January 2026</p> <p>Entry Fees: £17 Individual event £17 (per diver) Synchro events</p> <p>Late individual entries will be charged a fee of £34.00 per event. Late synchro events will remain at £17 per diver.</p> <p>Due to time restrictions the organisers reserve the right to close entries before the official closing date should entries exceed the time available.</p>	
Athlete Accreditation	Accreditation must be printed and brought to the event where you will be issued with a lanyard and wallet.	

PROGRAMME OF EVENTS

Day 1	Day 2	Day 3
Friday 6 th February 2026	Saturday 7 th February 2026	Sunday 8 th February 2026
Session 1 09:00	Session 3 09:00	Session 5 09:00
A Boys & Open 3m Prelim* B Girls Platform Prelim*	A Boys & Open 1m Prelim* B Girls 3m Prelim*	A Boys & Open Platform Prelim* B Girls 1m Prelim*
A Girls 3m Prelim* Open Men's 1m Prelim*	B Boys & Open 3m Prelim* Open Women's Platform Prelim*	B Boys & Open 1m Prelim* Open Women's 3m Prelim*
B Boys & Open Platform Prelim* Open Women's 1m Prelim*	A Girls 1m Prelim* Open Men's Platform Prelim*	A Girls Platform Prelim* Open Men's 3m Prelim*
Session 2 14:00**	Session 4 14:00**	Session 6 14:00**
Men's and Women's Platform Synchro Final B Girls Platform Final B Boys & Open Platform Final A Girls 3m Final A Boys & Open 3m Final Open Women's 1m Final Open Men's 1m Final	Men's and Women's 3m Synchro Final B Girls 3m Final B Boys & Open 3m Final A Girls 1m Final A Boys & Open 1m Final Open Women's Platform Final Open Men's Platform Final	B Girls 1m Final B Boys & Open 1m Final A Girls Platform Final A Boys & Open Platform Final Open Women's 3m Final Open Men's 3m Final
<p>*Some of the Preliminaries may run concurrently, depending on the number of entries</p> <p>**Session times for finals are estimated and will be confirmed once entries received</p>		

EVENT CONDITIONS

Eligibility	All competitors shall be registered with their National Federation to be eligible to compete (World Aquatics Rule GR1.1)
Event Conditions	<p>1.0 General</p> <p>1.1 A diver is permitted to enter both the Age Group event and Open events.</p> <p>1.2 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.</p> <p>1.3 In all events, forward and reverse dives on springboard will be performed with a running start.</p> <p>1.4 Divers must be supervised by a Level 2 (or equivalent) Diving Coach in the Pool and Dry Land area.</p> <p>1.5 No dive may be repeated in a list of dives.</p> <p>1.6 Minimum age for competitors is 10 years on 31 December in the year of competition. Divers aged 10 to 13 years may dive "up" to Group B.</p> <p>1.7a Synchronised events will be straight finals.</p> <p>1.7b Open Finals Qualifiers</p> <ul style="list-style-type: none"> - The top 6 ranked Open Men and Women after the preliminary round go through to final - The top 6 ranked in each Age Group after the preliminary round go through to the respective final

	<p>1.7c Scottish National Finals Qualifiers</p> <ul style="list-style-type: none"> - The top 3 ranked Open Men and Women after the preliminary round go through to final - The top 3 ranked in each Age Group after the preliminary round go through to the respective final <p>1.7d For Open Finals, no Preliminary scores will be carried forward.</p> <p>For all Age Group events, the score of the tariff-restricted dives will be carried forward to the respective Final. The Finals will comprise the Optional, unrestricted tariff dives.</p> <p>1.8 Late Entries for all events are allowed up to the start of the technical meeting. All late entries will incur a late entry fee.</p>
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	INDIVIDUAL			
	Group	Board	Dives	Conditions
	Open Men's	1m & 3m	6 dives	6 dives from 5 groups, no limit.
	Open Men's	Platform	6 dives	6 dives from 6 groups no limit.
	Open Women's	1m & 3m	5 dives	5 dives from 5 groups no limit.
	Open Women's	Platform	5 dives	5 dives from 5 groups no limit.
	A Boys & Open	1m and 3m	10 dives	5 + 5, World Aquatic rules DAG 3.1
	A Boys & Open	Platform	9 dives	4 + 5, World Aquatic rules DAG 3.1
	B Boys & Open	1m and 3m	9 dives	5 + 4, World Aquatic rules DAG 3.2
	B Boys & Open	Platform	8 dives	4 + 4, World Aquatic rules DAG 3.2
	A Girls	1m and 3m	9 dives	5 + 4, World Aquatic rules DAG 3.1
	A Girls	Platform	8 dives	4 + 4, World Aquatic rules DAG 3.1
	B Girls	1m and 3m	8 dives	5 + 3, World Aquatic rules DAG 3.2
	B Girls	Platform	7 dives	4 + 3, World Aquatic rules DAG 3.2
	Age Groups			
	Open		No age category	
	Age Group A:		Age 16, 17 or 18 years on December 31 st 2026	
	Age Group B:		Age 14 or 15 years on December 31 st 2026	
For Age Group events a diver may elect to 'dive-up' an Age Group category, e.g. Age Group C (or younger) may enter as an Age Group B, however, the diver will be considered to be the upper Age Group category for all Age Group events during this Meet and for all subsequent Scottish Age Group events in the calendar year.				

	SYNCHRO REQUIREMENTS – All Open			
	Group	Board	Dives	Conditions
	Men's	3m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 4 groups to be covered
	Men's	Platform	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 4 groups to be covered
	Women's	3m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 4 groups to be covered
	Women's	Platform	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 4 groups to be covered

GENERAL INFORMATION

Accommodation	There are many guest houses and hotels within walking distance of the pool. A short bus ride there are other hotels ranging from budget to luxury prices. Information can be found on www.visitscotland.com .
Technical Meeting	Thursday 5 th February 2026 at 18:00 in Meeting Room 2. At least one representative from each Club is required to attend. A Judges meeting will follow the Technical Meeting.
Coaches/Team Staff Social	The event organisers would like to extend an invitation to all the coaches and team staff to attend a social gathering following the Technical Meeting on Thursday 5 th February. There will be an optional torch light walk up Arthur's Seat, finishing at the Sheep's Heid Inn for refreshments and a game of skittles! When booking training slots please indicate how many coaches/team staff will attend the social gathering.
Judging	All diving clubs/teams attending are requested to supply at least one judge. This is to ensure the smooth running of the event and to help us deliver the synchro events and concurrent Age Group events. If you are unable to provide a judge, please make Vicki Tomlinson aware when you are arranging training.
Awards & Presentation	All events are 'open' and, in accordance with SASA company rule 4.6.1, Gold, Silver and Bronze will be presented for all events. A Gold only will be presented to the Scottish (National) Champion provided that they are not also the Open Champion (i.e. when the Scottish and Open Champion is the same person, only one medal will be presented).
Eligibility to Compete	<ul style="list-style-type: none"> • All competitors must be registered with their National Federation to be eligible to compete. • To compete for a Scottish Club or Team at Scottish National Open Championships, competitors must be registered with the Scottish Amateur Swimming Association and must have paid their current registration fee. • Athletes with Scottish eligibility training outside Scotland and wishing to be considered for National Selection must be registered with Scottish Swimming (C3.5.1).
Event Regulations	<p>Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found here and may, where appropriate, also require compliance with the facility provider's regulations.</p> <p>Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.</p>
Media & Photography Information	<p>Throughout this event Scottish Swimming may have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.</p> <p>Should any competitor wish not to be photographed please <u>complete this form</u>. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Scottish Swimming after which the data will be removed.</p> <p>By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any</p>

	<p>way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.</p> <p>Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.</p> <p>The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.</p>
Competition Disclaimer	<p>In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Scottish Swimming. Scottish Swimming will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.</p>
Safeguarding	<p>The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the event Meet Director. The secondary point of contact is the Scottish Swimming Safeguarding Manager.</p>
Transgender & Non-Binary	<p>The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports on the 1st January 2024. The policy and FAQs can be found here. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>
Team Staff Information/ Accreditation	<p>A Scottish Swimming Diving accreditation pass is required for any coach/chaperone/team manager wishing access to changing rooms and poolside during the Meet. Without a valid pass any coach/chaperone/team manager will NOT be permitted in the changing rooms or on poolside.</p> <p>All passes must be worn by all team personnel and made visible at all times. Passes will be emailed to the individual prior to the event where they must be printed and brought to the event. Here they will be issued with a plastic wallet and lanyard.</p> <p>Applying for a Pass – Closing date 14:00 on Friday 23rd January 2026</p> <p>All applications must be submitted online using Just Go:</p> <p>Guidelines on how to apply can be found here</p> <p>Scottish Swimming members application</p> <p>Non-Scottish Swimming members application</p> <ul style="list-style-type: none"> • Please Note: All chaperone/team manager passes must be confirmed by the Head Club/Team coach as detailed on the online application form • All applicants MUST be PVG/DBS checked through either: Scottish Swimming/Swim England/Swim Wales. • Scottish Swimming will not issue any Coach/Chaperone Pass unless a person has a valid PVG/ DBS through Scottish

	<p>Swimming/ Swim England/Swim Wales. In-line with current legislation, valid PVG/ DBS from any other agency will not be accepted.</p>
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Applying for a pass from outside the UK

- Coaches/Chaperones applying for passes from outside the UK should make arrangements for their National Governing Body to forward a letter of declaration confirming that all applicants have conformed with their 'home country's' policy concerning child protection. The letter should be emailed to nationals@scottishwimming.com, passes will not be issued without such a letter.