



2026 NSW ALL SCHOOLS DIVING CHAMPIONSHIP

Thursday 21 & Friday 22 May 2026

**Sydney Olympic Park Aquatic Centre (SOPAC),
9 Olympic Blvd, Sydney Olympic Park NSW 2127**

Program of Events

THURSDAY 21 MAY 2026	
12:00PM	GENERAL WARM-UP
1:00PM	17-19 YEARS PLATFORM – BOYS & GIRLS 15-16 Years Platform Girls
2:00PM	15-16 Years Platform Girls 12-14 YEARS PLATFORM – BOYS & GIRLS
3:00PM	17-19 YEARS SPRINGBOARD – BOYS & GIRLS

FRIDAY 22 MAY 2026	
8:00AM	GENERAL WARM-UP
9:00AM	16 YEARS SPRINGBOARD – BOYS & GIRLS
10:15AM	15 YEARS SPRINGBOARD – BOYS & GIRLS
11:20AM	GENERAL WARM-UP
11:40AM	14 YEARS SPRINGBOARD – BOYS & GIRLS
1:00PM	12/13 YEARS SPRINGBOARD – GIRLS
2:00PM	12/13 YEARS SPRINGBOARD – BOYS

- Please note that all times listed are approximate

Entries

- Sectors may enter three divers per event.
- All dive sheets are to be entered using “Dive Recorder” online.
- Medals will be awarded for the first three places in each competition.

For any questions regarding entries, please contact NSW All Schools Diving Convener, Sue Milford at susan.milford@det.nsw.edu.au

Levy

The NSW All Schools levy is **\$60.00 per diver**. Sectors will be invoiced post championship based on association entries submitted.

Diving Requirements

SPRINGBOARD			
AGE	EVENT	LIMITED DIVES	UNLIMITED DIVES
12 & 13 Years	1m and/or 3m	Three (3) dives from different groups at 5.4 degree of difficulty (DD) or less	Plus two (2) dives from different groups with unlimited degree of difficulty (DD)
14 Years	1m and/or 3m	Three (3) dives from different groups at 5.4 degree of difficulty (DD) or less	Plus three (3) dives from different groups with unlimited degree of difficulty (DD)
15 Years	1m and/or 3m	Four (4) dives from different groups at 7.6 degree of difficulty (DD) or less	Plus three (3) dives from different groups with unlimited degree of difficulty (DD)
16 Years & 17-19 Years	1m and/or 3m	Four (4) dives from different groups at 7.6 degree of difficulty (DD) or less	Plus four (4) dives from different groups with unlimited degree of difficulty (DD)

PLATFORM			
AGE	EVENT	LIMITED DIVES	UNLIMITED DIVES
12-14 Years	5m/7.5m	Three (3) dives from different groups at 5.4 degree of difficulty (DD) or less	Plus two (2) dives from different groups with unlimited degree of difficulty (DD)
15-16 Years	5m/7.5m/10m	Three (3) dives from different groups at 5.5 degree of difficulty (DD) or less	Plus three (3) dives from different groups with unlimited degree of difficulty (DD)
17-19 Years	5m/7.5m/10m	Four (4) dives from different groups at 7.6 degree of difficulty (DD) or less	Plus three (3) dives from different groups with unlimited degree of difficulty (DD)

NSW All Schools Championship Bylaws

Further information about NSW All Schools Diving Championship rules and regulations can be found at the [NSW All Schools Diving Bylaws](#) page.

School Sport Australia Diving Championship – Selection Information

All divers selected in the NSW All Schools team are expected to **attend the duration** of the [School Sport Australia Diving Championship](#) being held in Melbourne, VIC, from Saturday 25 - Friday 31 July 2026. This includes competing in their individual event, synchronised event, team event and knockout, as well as the championship team experience.

To be eligible for selection in the NSW All Schools diving team, students must:

1. Be enrolled at an affiliated NSW school
2. Be born between 2007 and 2016 (Age determined as at 31 December 2026)
3. Compete at the NSW All Schools Championship
 - a. Students unable to trial due to representation at a higher level may make a written application to be considered for selection. This application must be received by **14 May 2026**. A decision will be announced prior to the commencement of the event.
4. Perform the required number of dives pertaining to the correct age group to a suitable standard.

Please note:

- 12 years divers will be combined with 13 years divers for team selection.
- The NSW All Schools team for each age group will be announced at the end of each event at the NSW All Schools Diving Championship.
- Three competitors per event will be selected on springboard and platform.

Further Information

Further information, including results and selected teams, can be found at the [NSW All Schools Diving](#) page.

Photos and updates will be posted on the [NSW All Schools Facebook page](#). Please ensure that all students have provided permission to publish.

Enquiries

Enquiries should be NSW All Schools Diving Convener, Sue Milford or your relevant school sector convener:

- Combined Independent Schools (CIS) – Chris Lang, divingconnections@outlook.com
- Combined High Schools (CHS) – Sue Milford (Lalor Park PS), susan.milford@det.nsw.edu.au
- Combined Catholic Colleges (CCC) – Anita Weaver (St Andrews College, Marayong), aweaver@parra.catholic.edu.au