

## AGE GROUPS AND EVENTS

### ➤ Springboard Diving – 1 m and 3 m Men and Women

Age Groupe (Years)	Total Number of Dives required	
	MEN	WOMEN
25 – 29	6	5
30 – 34	6	5
35 – 39	6	5
40 – 44	6	5
45 – 49	6	5
50 – 54	6	5
55 – 59	6	5
60 – 64	6	5
65 – 69	6	5
70 – 74	5	5
75 – 79	5	5
80 +	5	5

(five year age groups as long as necessary)

### ➤ Platform Diving – 5 m, 7,5 m or 10 m Men and Women

Age Groupe (Years)	Total Number of Dives required	
	MEN	WOMEN
25 – 29	6	5
30 – 34	6	5
35 – 39	6	5
40 – 44	6	5
45 – 49	6	5
50 – 54	5x	5x
55 – 59	5x	5x
60 – 64	5x	5x
65 – 69	5x	5x
70 – 74	4x	4x
75 – 79	4x	4x
80 +	4x	4x

(five year age groups as long as necessary)

### ➤ Synchronised Diving

#### ➤ 3m – Men and Women and Mixed Team

Age Group (Years)	MEN	WOMEN	MIXED TEAM
50 – 99	2(*) +2	2(*) + 2	2(*) +2
100+	2(*) +2	2(*) +2	2(*) +2

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

#### ➤ Platform – Men and Women and Mixed Team

Age Group (Years)	MEN	WOMEN	MIXED TEAM
50 – 99	2(*) +2	2(*) + 2	2(*) +2
100+	2(*) +2	2(*) +2	2(*) +2

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.