



Event Information

London Aquatics Centre, Queen Elizabeth Olympic Park, London E20 2AQ
Thursday 12th – Monday 16th November 2026

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 5th London Legacy Open, being held in memory of our coach and friend, David Jenkins.

Key Dates:

Entry Deadline: 11th October, 2026.

Electronic Dive Sheet Deadline: 8th November, 2026.

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

CONTENTS

CONTENTS	1
THE EVENTS	2
EVENT CONDITIONS	2
EVENT REQUIREMENTS	3
PRELIMINARIES AND FINALS PROCESS	4
AWARDS AND PRESENTATIONS	5
PROGRAMME OF EVENTS	5
COMPETITION SCHEDULE	5
TRAINING TIMES	6
TECHNICAL MEETING	6
ENTRY PROCESS	7
SUBMITTING ENTRIES	7
EVENTS T-SHIRTS	7
ENTRY FEES	7
DIVE SHEETS	7
JUDGING	8
GENERAL INFORMATION	8
THE VENUE	8
CONTACT INFORMATION FOR THE EVENT	9
MEDIA & PHOTOGRAPHY INFORMATION	10



London Legacy Open 2026
London Aquatics Centre, November 12-16



THE EVENTS

Event Conditions

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

Events and Age Groups (age as at midnight on 31st December 2026) will be as follows:

Open and Women:	No age category
Age Group A:	Age 16, 17 or 18 years on December 31st 2026
Age Group B:	Age 14 or 15 years on December 31st 2026
Age Group C:	Age 12 or 13 years on December 31st 2026 (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 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 always supervised by a Level 2 Diving Coach, or equivalent, in the Pool and Dryland area.



London Legacy Open 2026
London Aquatics Centre, November 12-16



Event Requirements

Individual Requirements: Senior

Event	Board	Dives	Conditions
Senior Open	1m & 3m	6 dives	6 dives from 5 groups, no limit
Senior Open	Platform	6 dives	6 dives from 6 groups, no limit
Senior Women	1m, 3m & Platform	5 dives	5 dives from 5 groups, no limit

Individual Requirements: Age Groups

Category	Gender	Event	Conditions – Individual Events	No. Of Dives
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
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8
		Platform*	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5m/7.5m*)	7
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8
		Platform*	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5m/7.5m*)	7
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
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8
		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
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 4 optional dives from 4 groups no limit	9
		3m	5 dives from 5 groups max difficulty of 9.5 + 4 optional dives from 4 groups no limit	9
		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
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
		3m	5 dives from 5 groups max difficulty of 9.5 + 4 optional dives from 4 groups no limit	9
		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
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 5 optional dives from 5 groups no limit	10
		3m	5 dives from 5 groups max difficulty of 9.5 + 5 optional dives from 5 groups no limit	10
		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

Synchro Requirements:

Category	Board		Dives	Conditions
Open to both senior and age group divers	3m Synchro	Open	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered
	Platform Synchro	Open	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 15th 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.

Preliminaries and Finals Process

Event	Finals rules
All 1m events	Straight finals
Open 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.



London Legacy Open 2026
London Aquatics Centre, November 12-16



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). 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.

PROGRAMME OF EVENTS

Competition schedule

Please note that the Final Order of Events for each day and timetable will be issued after all entries have been submitted. We may need to move events between days, but we will do everything we can to keep as much to this table. Estimated finish time on Monday 16th of November is 17:00.

Day 1: Thursday November 12	Day 2: Friday November 13	Day 3: Saturday November 14	Day 4: Sunday November 15	Day 5: Monday November 16
A Girls 3m B Open 1m Senior Women 1m Platform Synchro (Open & Women)	C Girls 3m C Open Platform B Girls 1m A Open 1m Senior Open Platform 3m Synchro (Open & Women)	C Girls 1m B Open Platform A Girls 1m A Open Platform Senior Open 3m Senior Women 3m <i>Super Dave Team Event</i>	C Girls Platform C Open 1m B Girls 3m B Open 3m A Girls Platform Senior Women Platform	C Open 3m B Girls Platform A Open 3m Senior Open 1m



London Legacy Open 2026
London Aquatics Centre, November 12-16



Training times

Wednesday 11th & Thursday 12th November

We can offer training to all clubs on Wednesday 11th. Please let us know your requirements on the entry form at time of submitting your entries. Please note, slots will be assigned on a first come first served basis and training will be charged at £5 per diver per session. Payment will be made at same time as payments for entries.

Thursday 12th November will be open training all morning, with competitions starting in the afternoon.

Should you require training before this date, please email your request to londonlegacyopen@gmail.com and we will do our best to try to accommodate your needs around our normal lessons.

Competition days, 12th to 16th November

The competition will begin on Thursday afternoon. We anticipate that there will be open training from 06:30 (Dryland) and 07:00 (Pool) each day.

Restricted training for competition boards will be in place prior to each session with non-restricted boards open to all during this time. Timings for this will be made clear on the event timetable.

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

Technical meeting

A technical meeting will be held on Thursday morning, time and location to be confirmed. At least one representative from each Club is required to attend.



London Legacy Open 2026
London Aquatics Centre, November 12-16



ENTRY PROCESS

Submitting Entries

Closing date – noon, 11th October, 2026.

- Entries will be by completion of the official Entry Form which [can be found here](#). 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 2026 Entries (club name)**
- Late entries/changes may or may not be accepted at the discretion of the LLO organising committee and will incur a late charge of £10 per diver per board.
- To ensure a safe and enjoyable experience for all, we reserve the right to limit numbers at the event and therefore close the entries early. Early entry is strongly advised. Entries will be allocated on a first come first served basis.

Events T-shirts

London Legacy Open T-shirts and merchandise will be available to purchase at the event. We are firming up details about which days the vendor will attend and details will follow closer to the date.

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
IBAN: GB14LOYD30845879679268

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 and training fees online 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

Dive Sheets

Dive sheets must be submitted electronically on [Dive Recorder](#), by Sunday 8th November. Dive sheets handed out at the technical meeting should be signed by the diver and coach no later than one hour before the first event of the relevant day but earlier is preferable. Any changes to finals dive sheets must be made within 30 minutes of the preliminary event finishing.



London Legacy Open 2026
 London Aquatics Centre, November 12-16



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.

Please do not wear outdoor footwear on poolside.

The poolside, including the area behind platforms, will need to be clear; so, **all bags** and extra clothes must be placed in a locker or the designated bag area. This is a venue rule, and we ask that all divers and coaches respect any requests from our volunteers, or venue staff, to move their items. This rule will be enforced at all times, including on training days.

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.



London Legacy Open 2026
London Aquatics Centre, November 12-16



Accessibility:

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

Refreshments:

Refreshments and snacks will be available for **officials** throughout the event.

There is a café on site for spectators, competitors and coaches. There is also a large food court and several restaurants a short walk away at Westfield Shopping Centre. Please note that teams are not permitted to prepare food in the venue.

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



London Legacy Open 2026
London Aquatics Centre, November 12-16



Media & Photography Information

Throughout this event LLO may have authorised media partners taking photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the event 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. Should any competitor or member of the wider team wish not to be photographed [please complete this form](#).

The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing, toilets or shower areas. 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.

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.



London Legacy Open 2026
London Aquatics Centre, November 12-16

