



DIVING PLONGEON CANADA

2026 JUNIOR NATIONAL QUALIFYING STANDARDS

	1m		3m		Platform	
	F	M	F	M	F	M
D1	140	140	140	140	140	140
D2	185	185	185	185	185	185
C1	260	260	265	265	230	230
C2	270	270	275	275	250	250
B	310	310	330	325	255	275
A	360	415	395	445	305	345

- > D1 divers must compete in at least 1 finals event throughout the season.
- > 1m: Qualification standard must be achieved once
- > 3m: Qualification standard must be achieved once
- > Platform: Qualification standard must be achieved once
- > Divers who qualify in 2 events may be entered in the 3rd event
- > Divers who qualify on 3m may also be entered on 1m
- > All D and C standards are achieved with the preliminary dive list

2026 GROUP D1 PRELIMINARIES

Group D1 divers shall perform 5 dives as presented and in the order in the chart below.

- ~ The DD for each dive is prescribed as shown
- ~ Divers may use 3m platform or 5m platform in Qualification Competitions
- ~ D1 divers must use only the 5m platform at Junior National Championships for preliminaries.

D1-1m		
DIVE ORDER	DIVE #	D.D
1	401C	1.6
2	101C	1.6
3	201C	1.6
4	301C	1.6
5	103C	1.6

D1-3m		
DIVE ORDER	DIVE #	D.D
1	401C	1.6
2	101C	1.6
3	201C	1.6
4	301C	1.6
5	103C	1.6

D1-Platform		
DIVE ORDER	DIVE #	D.D
1	401C	1.6
2	101C	1.6
3	201C	1.6
4	301C	1.6
5	103C	1.6

2026 GROUP D2 PRELIMINARIES

Group D2 divers shall perform 6 dives on 1m, 3m, Platform as presented and in the order in the chart below.

- ~ The DD for dives 1-4 is prescribed as shown in the table
- ~ dives 5-6 must be from different dive groups
- ~ The DD for dives 5-6 are World Aquatic DDs with the following exceptions:
 - ~ 203C and 303C are WA DD +0.1 on all boards:
 - ~ 5122 and 5132 are WA DD +0.2 on all boards:
- ~ For Platform Preliminaries, D2 divers may use the 5m or 7.5m platform
- ~ Where there is a choice of dives indicated within the dive order, the diver must select one of the dives
- ~ On 1m, divers may choose a maximum of 1 of the following dives: 202, 302, 402

D2-1m		
DIVE ORDER	DIVE #	D.D
1	401C/B	1.6
2	101C/B	1.6
3	201C	1.6
4	301C	1.6
5, 6	103C/B, 104C, 202C/B, 203C, 302C/B, 303C, 402C/B, 403C, 5122D, 5132D	

D2-3m		
DIVE ORDER	DIVE #	D.D
1	401C/B	1.6
2	101C/B	1.6
3	201C	1.6
4	301C	1.6
5	103C/B, 105C, 403C, 5132D	
6	203C, 303C	

D2-Platform		
DIVE ORDER	DIVE #	D.D
1	401C/B	1.6
2	101C/B	1.6
3	201C	1.6
4	301C	1.6
5, 6	103C/B, 105C, 203C, 303C, 403C/B, 5132D, 600A, 612C/B, 622C	

Published January 14, 2026

2026 GROUP D FINALS

There will be 10 divers in each of the Group D 1m, 3m and Platform finals:

- ~ The top 3 divers from the D1 preliminaries
- ~ The top 3 divers from the D2 preliminaries
- ~ The top 4 divers after the first 4 dives in prelims, either D1 or D2, not already in the finals
- ~ Should there be a finals spot not filled (insufficient divers in D1 or D2), the next diver(s) in ranking after the first 4 dives from the preliminaries will advance to the finals.
- ~ See **CDAG 4.2.5.3 Results and Ranking** for rules regarding Exhibition Divers in finals

Group D divers shall perform 6 dives on 1m, 3m, and Platform as presented and in the order in the chart below.

- ~ Dives 5-6 must be different dive numbers than dives 1-4
- ~ Dives 5-6 must be from different dive groups
- ~ All DDs are World Aquatic DDs with the following exceptions:
 - ~ 201C and B are the WA DD for 201B on all boards
 - ~ 301C and B are the WA DD for 301B on all boards
 - ~ 203C and 303C are WA DD +0.1 on all boards
 - ~ 5122 and 5132 are WA DD +0.2 on all boards
- ~ For D Platform Finals, divers may use the 5m or 7.5m platform
- ~ Where there is a choice of dives indicated in the dive order, the diver must select one of the dives
- ~ On 1m, divers may select a maximum of 1 of the following dives: 202, 302, 402

D FINALS-1m	
DIVE ORDER	DIVE #
1	401C/B
2	101C/B, 103C/B
3	201C/B
4	301C/B
5, 6	2 dives from D Finals dive chart

D FINALS-3m	
DIVE ORDER	DIVE #
1	401C/B, 403C/B
2	101C/B, 103C/B
3	201C/B
4	301C/B
5, 6	2 dives from D Finals dive chart

D FINALS-Platform	
DIVE ORDER	DIVE #
1	401C/B, 403C/B
2	101C/B, 103C/B
3	201C/B
4	301C/B
5, 6	2 dives from D Finals dive chart

2026 GROUP D FINALS

2026 GROUP D FINALS DIVE CHART

Group D FINALS - 1m				
101C	201C	301C	401C	5122D
101B	201B	301B	401B	5132D
103C	202C	302C	402C	
103B	202B	302B	402B	
104C	203C	303C	403C	
104B				
105C				

Group D FINALS - 3m				
101C	201C	301C	401C	5132D
101B	201B	301B	401B	
103C	203C	303C	403C	
103B	203B	303B	403B	
105C				

Group D FINALS - Platform									
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101C/B	5m, 7.5m	201C/B	5m, 7.5m	301C/B	5m, 7.5m	401C/B	5m, 7.5m	600A
5m, 7.5m	103C/B	5m	203C	5m	303C	5m, 7.5m	403C/B	5m, 7.5m	612B/C
5m, 7.5m	105C					7.5m	405C	5m, 7.5m	622C/B
7.5m	105B							5m, 7.5m	5132D

2026 GROUP C1 PRELIMINARIES

Group C1 divers shall perform 8 dives on 1M and 3M, and 7 dives on platform as presented and in the order in the chart below

- ~ Each of the dives shall be different dive numbers
- ~ Each dive must be from the C1 prelims dive chart
- ~ 1M & 3M: Dive Numbers 6-7-8: Divers shall choose 3 dives from 3 different dive groups
 - ~ The 3 dives must include a 100 or 400 dive group, and a 200 or 300 dive group
 - ~ On 1m, only 1 of the following dives may be used: 202, 302, 402
- ~ For Platform Preliminaries, C1 divers may use the 5m or the 7.5m platform
- ~ Platform: Dive Numbers 1-4: Divers shall choose 4 dives from the 6 different dive groups and should be performed in the order 40X, 10X, 201, 301, 5XXX, 6XX
- ~ Platform: Dive Numbers 1-4: one of the first 4 dives must be 201 or 301
- ~ Platform: Dive Numbers 1-4: The first 4 dives will have a maximum DD of 7.6 (7.8 if 5132 is one of the dives)
- ~ Platform: Dive Numbers 5-7: Divers shall choose 3 dives from 3 different groups
- ~ Platform: Dive Numbers 5-7: The 3 dives must include a 100 or 400 dive group, and a 200 or 300 dive group
- ~ Platform: The 7 dive list must include a dive from the 6XX group

All DD's are World Aquatics DD's, with the following exceptions:

- 1M 401A is the World Aquatics DD + 0.2
- 201C, 201B are the World Aquatics DD for 201B on all boards
- 301C, 301B are the World Aquatics DD for 301B on all boards
- 203C and 303C are the World Aquatics DD + 0.1 on all boards
- 5122, 5132 are the World Aquatics DD + 0.2 on all boards

C1-1m	
DIVE ORDER	DIVE #
1	401C/B/A
2	101C/B, 103C/B
3	201C/B
4	301C/B
5	5122D, 5132D, 5221D, 5231D, 5321D, 5331D
6	103C/B, 104C/B, 105C, 402C/B, 403C
7	202C/B, 203C, 302C/B, 303C
8	1 dive from C1 prelims dive list

C1-3m	
DIVE ORDER	DIVE #
1	401C/B/A, 403C/B
2	101C/B, 103C/B
3	201C/B
4	301C/B
5	5132D, 5231D, 5331D
6	103C/B, 105C, 403C/B
7	203C/B, 303C/B
8	1 dive from C1 prelims dive list

C1-Platform	
DIVE ORDER	DIVE #
1, 2, 3, 4	401C/B, 403C/B, 101C/B, 103C/B, 201C/B, 301C/B, 5132D, 5231D, 612C/B, 622C/B
5	101C/B, 103C/B, 105C/B, 401C/B, 403C/B, 405C
6	201C/B, 203C, 301C/B, 303C
7	1 dive from C1 prelims dive list

Published January 14, 2026

2026 GROUP C1 PRELIMINARIES DIVE CHART

Group C1 Preliminaries - 1m				
101C	201C	301C	401C	5122D
101B	201B	301B	401B	5132D
103C	202C	302C	401A	5221D
103B	202B	302B	402C	5223D
104C	203C	303C	402B	5331D
104B			403C	5231D
105C				

Group C1 Preliminaries - 3m				
101C	201C	301C	401C	5132D
101B	201B	301B	401B	5231D
103C	203C	303C	401A	5331D
103B	203B	303B	403C	5233D
105C			403B	

Group C1 Preliminaries - Platform					
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101C	5m, 7.5m	201C	5m, 7.5m	301C
5m, 7.5m	101B	5m, 7.5m	201B	5m, 7.5m	301B
5m, 7.5m	103C	5m	203C	5m	303C
5m, 7.5m	103B				
5m, 7.5m	105C				
7.5m	105B				

Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	401C	5m, 7.5m	5231D	5m, 7.5m	612B
5m, 7.5m	401B	5m, 7.5m	5132D	5m, 7.5m	612C
5m, 7.5m	403C	7.5m	5233D	5m, 7.5m	622C
5m, 7.5m	403B			5m, 7.5m	622B
7.5m	405C			7.5m	624C

2026 GROUP C2 PRELIMINARIES

Group C2 divers shall perform 8 dives on 1m and 3m, and 7 dives on platform as presented and in the order in the chart below

- ~ Each of the dives shall be different dive numbers
- ~ Each dive must be from the C2 prelims dive chart
- ~ 1M & 3M: Dive Numbers 6-7-8: Divers shall choose 3 dives from 3 different dive groups
 - ~ the 3 dives must include a 100 or 400 group, and a 200 or 300 group
 - ~ On 1m, only 1 of the following dives may be used: 202, 302, 402
- ~ For Platform preliminaries, C2 divers may use the 5m or the 7.5m platform
- ~ Platform: Dive Numbers 1-4: Divers shall choose 4 dives from the 6 different dive groups and should be performed in the order 40X, 10X, 201, 301, 5XXX, 6XX
- ~ Platform: Dive Numbers 1-4: one of the first 4 dives must be 201 or 301
- ~ Platform: Dive Numbers 1-4: The first 4 dives will have a maximum DD of 7.6 (7.8 if 5132 is one of the dives)
- ~ Platform: Dive Numbers 5-7: Divers shall choose 3 dives from 3 different groups
- ~ Platform: Dive Numbers 5-7: The 3 dives must include a 100 or 400 group, and a 200 or 300 group
- ~ Platform: The 7 dive list must include a dive from the 6XX group

All DD's are World Aquatics DD's, with the following exceptions:

- ~ 401A is the World Aquatics DD + 0.2
- ~ 201C, 201B are the World Aquatics DD for 201B on all boards
- ~ 301C, 301B are the World Aquatics DD for 301B on all boards
- ~ 203C and 303C are the World Aquatics DD + 0.1 on all boards
- ~ 5122, 5132 are the World Aquatics DD + 0.2 on all boards

C2-1m	
DIVE ORDER	DIVE #
1	401C/B/A
2	101C/B, 103C/B
3	201C/B
4	301/ B
5	5122D, 5132D, 5221D, 5231D,
6	103C/B, 104C/B, 105C, 402C/B, 403C/B
7	202C/B, 203C, 302C/B, 303C
8	1 more dive from C2 prelims dive list

C2-3m	
DIVE ORDER	DIVE #
1	401C/B/A, 403C/B
2	101C/B, 103C/B
3	201C/B
4	301C/B
5	5132D, 5231D, 5331D
6	103C/B, 105C/B, 403C/B
7	203C/B, 303C/B
8	1 more dive from C2 prelims dive list

C2-Platform	
DIVE ORDER	DIVE #
1,2,3,4	401C/B, 403C/B, 101C/B, 103C/B, 201C/B, 301C/B, 5132D, 5231D, 612C/B, 622C/B
5	101C/B, 103C/B, 105C/B, 401C/B, 403C/B, 405C
6	201C/B, 203C/B, 301C/B, 303C
7	1 more dive from C2 prelims dive list

2026 GROUP C2 PRELIMINARIES

GROUP C2 PRELIMINARIES DIVE CHART

Group C2 Prelims - 1m				
101C	201C	301C	401C/B/A	5122D
101B	201B	301B	402C	5132D
103C	202C	302C	402B	5221D
103B	202B	302B	403C	5223D
104C	203C	303C	403B	5331D
104B				5231D
105C				5233D
				5333D
				5134D

Group C2 Prelims - 3m				
101C	201C	301C	401C	5132D
101B	201B	301B	401B	5231D
103C	203C	303C	401A	5331D
103B	203B	303B	403C	5233D
105C			403B	5333D
105B			405C	5134D

Group C2 Prelims - Platform					
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101C/B	5m, 7.5m	201C	5m, 7.5m	301C
5m, 7.5m	103C	5m, 7.5m	201B	5m, 7.5m	301B
5m, 7.5m	103B	5m	203C	5m	303C
5m, 7.5m	105C	5m	203B		
7.5m	105B				

Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	401C, B	5m, 7.5m	5231D	5m, 7.5m	612B
5m, 7.5m	403C	5m, 7.5m	5132D	5m, 7.5m	612C
5m, 7.5m	403B	7.5m	5233D	5m, 7.5m	622C
7.5m	405C			5m, 7.5m	622B
				7.5m	624C

2026 GROUP C FINALS

There will be 10 divers in each of the Group C 1m, 3m and Platform finals.

- ~ The top 4 divers from the C1 preliminaries
- ~ The top 4 divers from the C2 preliminaries
- ~ 1m and 3m, the top 2 divers after the first 5 dives in prelims, either C1 or C2, not already in the finals
- ~ On platform, the top 2 divers after the first 4 dives in prelims, either C1 or C2, not already in the finals
- ~ Should there be a finals spot not filled (insufficient divers in C1 or C2), the next diver(s) in ranking after the first 5 dives on springboard and the first 4 dives on platform from the preliminaries will advance to the finals.
- ~ See **CDAG 4.2.5.3 Results and Ranking** for rules regarding Exhibition Divers in Finals

1m & 3m: Divers will perform 3 dives from the Finals Dive Chart

- ~ Score for first 5 dives from prelims will be carried over to finals
- ~ 3-dive finals list must contain 1 dive from 100 or 400 group, and 1 dive from 200 or 300 group
- ~ On 1m, divers may select a maximum of 1 of the following dives: 202C, 202B, 302C, 302B, 402C or 402B
- ~ Each of the 3 dives must be a different dive group
- ~ Each of the 3 dives must be a different dive number than any performed in the first 5 dives of prelims

Platform: Divers will perform 3 dives from the Finals Dive Chart

- ~ For Platform Finals divers may use the 5m or 7.5m platform
- ~ Score for first 4 dives from prelims will be carried over to finals
- ~ 3-dive finals list must contain 1 dive from 100 or 400 group, and 1 dive from 200 or 300 group
- ~ Each of the 3 dives must be a different dive group
- ~ Each of the 3 dives must be a different dive number than any performed in the first 4 dives of prelims
- ~ The 7-dive list (first 4 dives carried over from prelims and 3 dives in finals) must include a dive from the 6XX group

All DD's are World Aquatics DD's, with the following exceptions, on all boards:

- 1M 401A is the World Aquatics DD + 0.2
- 201C, 201B are the World Aquatics DD for 201B
- 301C, 301B are the World Aquatics DD for 301B
- 203C and 303C are the World Aquatics DD + 0.1
- 5122, 5132 are the World Aquatics DD + 0.2

2026 GROUP C FINALS

GROUP C FINALS DIVE CHART

Group C Finals - 1m				
101C	202C	302C	402C	5122D
101B	202B	302B	402B	5132D
103C	203C	303C	403C	5221D
103B	203B	303B	403B	5223D
104C				5331D
104B				5231D
105C				5233D
105B				5333D
				5134D

Group C Finals - 3m				
101C	203C	303C	401C	5132D
101B	203B	303B	401B	5231D
103C	205C	305C	401A	5331D
103B			403C	5233D
105C			403B	5333D
105B			405C	5134D
107C				

Group C Finals - Platform					
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101C/B	5m, 7.5m	201C	5m, 7.5m	301C
5m, 7.5m	103C	5m, 7.5m	201B	5m, 7.5m	301B
5m, 7.5m	103B	5m	203C	5m	303C
5m, 7.5m	105C	5m	203B	7.5m	305C
5m, 7.5m	105B	7.5m	205C		
7.5m	107C				

Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	401C/B	5m, 7.5m	5231D	5m, 7.5m	612B
5m, 7.5m	403C	5m, 7.5m	5132D	5m, 7.5m	612C
5m, 7.5m	403B	7.5m	5233D	5m, 7.5m	622C
7.5m	405C			5m, 7.5m	622B
				7.5m	624C

2026 GROUP B PRELIMINARIES

1m Girls & Boys	Total 9 dives	All dives must be a different dive number
	First 5 dives	5 groups must be represented D.D. limit of 9.0
	Last 4 dives	4 groups must be represented No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list: 104C, 104B, 5221D, 5223D, 5122D, 5124D, 5321D, 5323D	

3m Girls & Boys	Total 9 dives	All dives must be a different dive number No feet first entry dives are permitted
	First 5 dives	5 groups must be represented D.D. limit of 9.5
	Last 4 dives	4 groups must be represented No D.D. limit

Platform Girls	Total 7 dives	All dives must be a different dive number 5 groups must be represented in the 7 dives No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 3 dives	3 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit

Platform Boys	Total 8 dives	All dives must be a different dive number 5 groups must be represented No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 4 dives	4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit

<p>The following dives may not be used: 5111, 5211, 5311, 5411</p> <p>All front and inward twist dive numbers must end in an even number</p> <p>All back and reverse twist dive numbers must end in odd number</p>
--

2026 GROUP B FINALS

The top 10 ranked divers from the preliminaries will advance to finals in 1m, 3m and Platform.
 The divers will compete in reverse order of the final standings of the preliminary events.
 See **CDAG 4.2.5.3 Results and Ranking** for rules regarding Exhibition Divers in Finals

1m Girls & Boys	Total 4 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims 4 groups must be represented No D.D. limit
		*May use a maximum of ONE dive with foot first entry from this list: 104C or 104B 5221D or 5223D 5122D or 5124D 5321D or 5323D

3m Girls & Boys	Total 4 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims No feet first entry dives are permitted 4 groups must be represented No D.D. limit
----------------------------	----------------------	--

Platform Girls	Total 3 dives	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims No feet first entry dives are permitted 3 groups must be represented in the finals / 5 groups must be represented in the 7 dives One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit
-----------------------	----------------------	--

Platform Boys	Total 4 dives	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims No feet first entry dives are permitted 4 groups must be represented in the finals / 5 groups must be represented within the 8 dives One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit
----------------------	----------------------	---

The following dives may not be used: 5111, 5211, 5311, 5411
All front and inward twist dive numbers must end in an even number
All back and reverse twist dive numbers must end in odd number

2026 GROUP A PRELIMINARIES

1m	Girls	Boys	Specifications
Total number of dives	10	11	All dives must be a different dive number *May use a maximum of ONE dive with foot first entry from this list: 104C, 104B, 5223D, 5225D, 5124D, 5323D, 5325D
Dives with DD limit	5	5	5 groups must be represented D.D. limit of 9.0
Dives without DD limit	5	6	5 groups must be represented

3m	Girls	Boys	Specifications
Total number of dives	10	11	All dives must be a different dive number No feet first entries dive are permitted
Dives with DD limit	5	5	5 groups must be represented D.D. limit of 9.5
Dives without DD limit	5	6	5 groups must be represented

Platform Girls	Total 8 dives	All dives must be a different dive number 5 groups must be represented No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 4 dives	4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit
Platform Boys	Total 9 dives	All dives must be a different dive number 6 groups must be represented No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 5 dives	5 groups must be represented No D.D. limit

The following dives may not be used: 5111, 5211, 5311, 5411

All front and inward twist dive numbers must end in an even number

All back and reverse twist dive numbers must end in odd number

2026 GROUP A FINALS

The top 10 ranked divers from the preliminaries will advance to finals in 1m, 3m and Platform

The divers will compete in reverse order of the final standings of the preliminary events.

See CDAG 4.2.5.3 Results and Ranking for rules regarding Exhibition Divers in Finals

1m	Number of Dives	Specifications
Girls	5	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims 5 groups must be represented
Boys	6	No D.D. limit *May use a maximum of ONE dive with foot first entry from this list: 104C,104B, 5223D, 5225D, 5124D, 5323D, 5325D

3m	Number of Dives	Specifications
Girls	5	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims
Boys	6	No feet first entry dives are permitted 5 groups must be represented No D.D. limit

Platform	Number of Dives	Specifications
Girls	4	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims 4 groups must be represented 5 groups must be represented within the 8 dives No feet first entry dives are permitted One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit
Boys	5	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims No feet first entry dives are permitted 5 groups must be represented 6 groups must be represented within the 9 dives No D.D. limit

The following dives may not be used: 5111, 5211, 5311, 5411

All front and inward twist dive numbers must end in an even number

All back and reverse twist dive numbers must end in odd number