



PESTA SUKAN

Pesta Sukan (Diving) 2026

19th July 2026

OCBC Aquatic Centre

Team Meeting

18th July 2026 12pm

AGENDA

- ROLL CALL
- KEY PERSONNEL
- PARTICIPATION NUMBERS
- COMPETITION SCHEDULE
- JUDGES
- COMPETITION RULES
- COMPETITION SEQUENCE
- ADMIN/LOGISTIC MATTERS
- HEALTHY AND SAFETY MEASURES
- INDEMNITY FORM
- ENTRIES AND START ORDER

KEY PERSONNEL

REFEREE

CHEONG KAITING / AARON ONG

COMPETITION MANAGER

FREIDA LIM

PESTA SUKAN 2026 ACTIVESG SPORT IC

SOPHIA TOH / TAN SZE NGEE

PARTICIPATION NUMBERS

72 DIVERS PARTICIPATING IN 39 EVENTS !!

Competition Schedule – AM Session

Event no.	Time	Event
	0745	<i>Doors open (for athletes)</i>
	0800	Pool Open Warm-up
	0800	<i>Doors open (for spectators)</i>
Event 1	0900	Level 2 Junior Boys 1m Springboard
		Level 2 Junior Girls 1m Springboard
		Level 2 Senior Boys 1m Springboard
		Level 2 Senior Girls 1m Springboard
		Level 2 13-18 Girls 1m Springboard
	0955	Warm-up (15mins)
Event 2	1010	Level 3 Senior Boys 3m Springboard
		Level 3 Open Men 3m Springboard
		Level 4 Senior Boys 3m Springboard
		Level 4 Senior/13-18 Girls 3m Springboard
		Level 4 Open Men 3m Springboard
	1105	Warm-up (15mins)
Event 3	1120	Level 2 Senior Boys 5m Platform
		Level 2 Senior Girls 5m Platform
		Level 2 Open Men 5m Platform

	1200	Warm-up (15mins)
Event 4	1215	Level 2 Open Men 1m Springboard
		Level 2 Open Women 1m Springboard
	1250	Warm-up (15mins)
Event 5	1305	18 and below Boys 5m Platform Synchronised
		18 and below Girls 5m Platform Synchronised
	1325	Warm-up (15mins)
Event 6	1340	18 and below Mixed 3m Springboard Synchronised
		Open Mixed 3m Springboard Synchronised
	1400	<i>Medal Ceremony (14 events)</i>

*Event schedule is subject to change.

Competition Schedule – PM Session

Event no.	Time	Event			
	1400	Pool Open Warm-up		1720	Warm-up (15mins)
Event 7	1500	Level 4 Senior Boys 5m Platform	Event 10	1735	Level 3 Senior Boys 1m Springboard
		Level 4 Senior/13-18 Girls 5m Platform			Level 3 Open Men 1m Springboard
					Level 4 Senior Boys 1m Springboard
					Level 4 Senior/13-18 Girls 1m Springboard
	1535	Warm-up (15mins)		1815	Warm-up (15mins)
Event 8	1550	Level 2 Junior Boys 3m Springboard	Event 11	1830	18 and below Boys 3m Springboard Synchronised
		Level 2 Junior Girls 3m Springboard			18 and below Girls 3m Springboard Synchronised
		Level 2 Senior Boys 3m Springboard			Open Men 3m Springboard Synchronised
		Level 2 Senior Girls 3m Springboard		1905	Warm-up (15mins)
		Level 2 13-18 Girls 3m Springboard	Event 12	1920	18 and below Mixed 5m Platform Synchronised
		Level 2 Open Women 3m Springboard			
	1650	Warm-up (15mins)		1940	<i>Medal Ceremony (14 events)</i>
Event 9	1705	Level 1 Junior Boys 1m Platform		2000	<i>Doors close (for athletes)</i>
		Level 1 Junior Girls 1m Platform		2000	<i>Doors close (for spectators)</i>
		Level 1 Senior Girls 1m Platform			
		Level 1 Open Men 1m Platform			

*Event schedule is subject to change.

Please Note:

- Restricted warm-up 15mins before event is for competing divers on the respective board only.

JUDGES

- PANEL OF 5 JUDGES FOR INDIVIDUAL EVENT, 7 JUDGES FOR SYNCHRONIZED EVENT
- **JUDGES:**
 - CHEONG KAITING
 - AARON ONG
 - CHAN BEE LEE
 - NICOLE HONG
 - CHEE YONG
 - WEI ZHONG
 - NINO DUBLIN
 - WEI QIANG ALVIN
 - BENEDICT LIM

COMPETITION RULES

- IF A DIVER ENTERS AN EVENT IN A PARTICULAR LEVEL, THEY ARE ONLY PERMITTED TO ENTER EVENTS FROM THAT LEVEL.
- DIVES OF THE SAME NUMBER MAY NOT BE REPEATED FOR ALL EVENTS AND LEVELS (EXCEPT LEVEL 2 5M PLATFORM AND SYNCHRONIZED EVENTS)
- DIVES MAY BE PERFORMED WITH EITHER A STANDING, HURDLE, ONE BOUNCE, TWO BOUNCE OR THREE BOUNCE TAKE-OFF.
- PLEASE NOTE FOR THE EVENT LEVEL 1: JUMPS MAY ENTER THE WATER WITH ARMS UP OR ARMS DOWN WITH NO PENALTY.
- DIVES MUST BE COMPETED IN THE ORDER PRESENTED IN THE TABLE.
- ALL COACHES ON DECK ARE TO BE NROC CERTIFIED

SEQUENCE

- WARM-UP: 1 HR AT START OF SESSION
 - ONLY 10-15MINS WARM-UP TIME BETWEEN EVENTS
 - BOARDS CLOSE RIGHT BEFORE EVENT START TIME

- DIVERS TO REPORT TO MARSHAL
 - LISTEN TO ANNOUNCEMENT CALL!
 - AT LEAST 5 MIN BEFORE END OF PREVIOUS EVENT
 - CALL ROOM IS IN ATHLETES LOUNGE
 - MARCH OUT – WILL BE A WALKING ATHLETE PARADE TO SAVE TIME

- EVENT STARTS IMMEDIATELY AFTER WARM-UP – FIRST FEW DIVERS MUST BE READY AT THE BOARDS (WITH EXCEPTION OF FIRST EVENTS OF THE SESSION)
 - DIVERS ARE EXPECTED TO BE READY AT THE BOARD WHEN IT IS THEIR TURN, OTHERWISE DISQUALIFIED

- MEDAL CEREMONY WILL BE HELD AT THE END OF EACH SESSION (ONCE BEFORE LUNCH BREAK, ONCE AT END OF DAY)
 - MEDAL WINNERS TO BE READY BEFORE THE END OF LAST EVENT OF THE SESSION

WARM-UP

- DIVERS ADVISED TO BRING THEIR OWN MATS FOR DRYLAND WARM-UP
 - AS THE GYM MAY BE CROWDED
 - CAN USE COURTYARD OR POOLSIDE
 - DIVER CAN PLACE THEIR BAGS IN THE GYM
- AREAS FOR DRYLAND WARM UP:
 - GYM, POOL DECK, COURTYARD (AREA OUTSIDE BETWEEN BATHROOMS)
- PRIORITY TO BE GIVEN TO DIVERS COMPETING IN THE IMMEDIATE NEXT EVENT
- DIVERS ON DIFFERENT BOARDS ARE PERMITTED TO WARM UP AT THE SAME TIME
 - (E.G. NEXT EVENT IS 1M OR 3M, PF DIVERS ARE PERMITTED TO WARM UP)
- DRY DIVE ROOM – ONLY PERMITTED FOR THOSE COMPETING IN LEVEL 4 OR SYNCHRO EVENTS

AWARDS

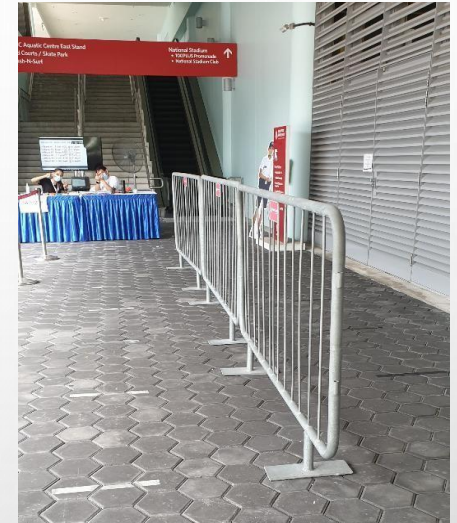
- RESULTS WILL BE POSTED IN THE GYM, AND ELECTRONIC VERSION WILL BE UPLOADED TO THE PESTA SUKAN DIVING GOOGLE DRIVE
- BASED ON THE PESTA SUKAN 2026 GENERAL RULES & REGULATIONS:
 - 9.12 MINIMUM OF 4 PARTICIPANTS/TEAMS IS REQUIRED FOR THE EVENT TO PROCEED.
 - IF THERE ARE ONLY 3 PARTICIPANTS/TEAMS FOR THE EVENT, 'MINUS 1 RULE' APPLIES, I.E. ONLY 1ST & 2ND WILL BE AWARDED WITH MEDAL.
 - 9.13 IF THERE ARE LESS THAN 4 PARTICIPANTS/TEAMS, PARTICIPANTS MAY CHOOSE 1 OF THE FOLLOWING OPTIONS:
 - A) OPTION 1 - PARTICIPANTS MAY WITHDRAW AND RECEIVE A FULL REFUND.
 - B) OPTION 2 - PARTICIPANTS MAY CONTINUE WITH THE COMPETITION BUT WILL NOT BE ELIGIBLE FOR PRIZE MONEY. MEDALS WILL BE AWARDED BASED ON THE 'MINUS 1 RULE'.
 - C) OPTION 3 - PARTICIPANTS MAY OPT TO JOIN ANOTHER CATEGORY WHICH THEY ARE ELIGIBLE FOR.

AWARDS

- MEDALS GIVEN TO TOP 3 MALE AND FEMALE ATHLETES IN EACH EVENT PER AGE GROUP
 - IF THERE IS A TIE IN ANY OF THE TOP 3 POSITIONS, THE MEDALS WILL BE AWARDED AS FOLLOWS:
 - IN THE CASE OF TWO (2) EQUAL SCORES:
 - FOR 1ST POSITION: 2 GOLDS, NO SILVER, 1 BRONZE
 - FOR 2ND POSITION: 1 GOLD, 2 SILVERS, NO BRONZE
 - FOR 3RD POSITION: 1 GOLD, 1 SILVER, 2 BRONZES
 - IN THE CASE OF THREE (3) EQUAL SCORES:
 - FOR 1ST POSITION: 3 GOLDS, NO SILVER, 1 BRONZE
 - FOR 2ND POSITION: 1 GOLD, 3 SILVERS, NO BRONZE
 - FOR 3RD POSITION: 1 GOLD, 1 SILVER, 3 BRONZES
- PRIZE MONEY
 - PRIZE MONEY AND MEDALS WILL BE AWARDED TO THE TOP 3 WINNERS OF EACH EVENT WITH AT LEAST 8 PARTICIPANTS/TEAMS
 - PRIZE MONIES WILL BE TRANSFERRED TO THE WINNERS VIA PAYNOW NRIC/FIN ONLY

LOGISTIC MATTERS

- DIVERS, COACHES, OFFICIALS TO ENTER VIA MAIN PUBLIC POOL ENTRANCE
 - NON-ACCREDITED PERSONNEL ARE NOT ALLOWED INTO THE WARM-UP AREAS AND COMPETITION AREAS
 - ALL DIVERS, COACHES AND TEAM MANAGERS ARE REQUIRED TO WEAR THEIR ACCREDITATION PASSES TO ENTER THE COMPETITION VENUE VIA MAIN ENTRANCE
 - DOORS OPEN AT 7.45AM
- SPECTATORS ARE ALLOWED – ONLY TO SPECTATOR STANDS
 - SPECTATORS WILL ENTER VIA LEVEL 2 SPECTATOR STAND ENTRANCE
 - DOORS OPEN AT 8:00AM
- SCHEDULE MAY BE ADJUSTED IN THE EVENT OF UNFORESEEN CIRCUMSTANCES
- NO REFUND OF ENTRY FEES IN THE EVENT OF ANY CANCELLATION



ACCREDITATION PASSES



- ACCREDITATION WILL BE COLLECTED BACK AT THE END OF THE COMPETITION
- IF YOU WILL NOT BE RETURNING TO THE VENUE, PLEASE DROP OFF YOUR ACCREDITATION WHEN YOU LEAVE THE VENUE VIA MAIN ENTRANCE

SAFETY MEASURES FOR COMPETITION/EVENT

HEALTH DECLARATIONS

- ALL PERSONNEL ARE TO STAY HOME AND SHOULD NOT PARTICIPATE , IF THEY ARE / HAVE:
 - ON MEDICAL LEAVE
 - ART+, PCR+ AND TESTED POSITIVE OF COVID-19
 - WITH RESPIRATORY SYMPTOMS (COUGH, SORE THROAT, FEVER OR SHORTNESS OF BREATH), EVEN IF MILD.
 - WITH A TEMPERATURE ABOVE 38 DEGREES CELSIUS ARE CONSIDERED AS HAVING A FEVER.

SAFETY OF PARTICIPANTS

- TEAM MANAGERS & COACHES BE MINDFUL OF THE SAFETY OF THEIR PARTICIPANTS:
- REMIND THE YOUNG PARTICIPANTS (12YEARS UNDER) DO NOT RUN OR PLAY WITHIN AQC
- PARTICIPANTS WHO ARE UNWELL IN THE VENUE DURING THE COMPETITION PLEASE SEE ONSITE MEDICS

INDEMNITY FORM

- ALL PARTICIPANTS ARE TO HAVE COMPLETED THE INDEMNITY FORM BEFORE THE COMPETITION ON 19TH JULY
 - ANY DIVERS WHO DO NOT COMPLETE THE CONSENT/INDEMNITY FORM WILL NOT BE PERMITTED TO COMPETE
 - INDEMNITY FORM IS SENT TO YOU EMAIL AFTER REGISTRATION (TO YOUR PARENTS/GUARDIAN IF UNDER 18 YEARS)

ENTRIES & START ORDER



SCAN QR CODE FOR START LISTS & RESULTS



<https://go.gov.sg/pesta-sukan-diving>

THANK YOU!😊