



Finnish Swimming Federation and Diving Club Tiirat are delighted to welcome all participants to the 2025 Nordic Diving/Nordic Junior Diving Championships.

DATE:

Friday, December 12th – Sunday, December 14th, 2025

VENUE:

The competition will be held at the Mäkelänrinne Swimming Center (Mäkelänkatu 49, 00550 Helsinki).

The diving pool features two 1 meter springboards, two 3 meter springboards, and diving platforms at heights of 1 meter, 3 meters, 5 meters, 7.5 meters, and 10 meters. During the competition the diving land area is also in use.

EVENTS:

Girls and Boys C (Born 2012 and younger):	1m, 3m, platform
Girls and Boys B (Born 2010 and younger):	1m, 3m, platform
Girls and Boys A (Born 2007 and younger):	1m, 3m, platform
Girls and Boys Synchro (Born 2007 and younger):	3m, platform
Men and Women:	1m, 3m, platform*
Men and Women Syncho	3m, platform*
Mixed Synchro	3m, platform*
Team Event (according to European Aquatics rules)*	

COMPETITION SCHEDULE:

Thursday – December 11th

Training 14:00-19:00

Friday – December 12th

Training 08:00-9:55 Competition 10:00

Saturday – December 13th

Training 08:00-9:55 Competition 10:00

Sunday – December 14th

Training 08:00-9:55 Competition 10:00



COMPETITION PROGRAMME:

Friday - December 12th	Saturday - December 13th	Sunday - December 14th
C Girls 1 m	A Boys 1 m	B Girls 3 m
C Boys 3 m	A Girls Platform	B Boys Platform
B Girls Platform	B Boys 3 m	A Girls 1 m
B Boys 1 m	B Girls 1 m	A Boys 3 m
A Girls 3 m	C Boys Platform	Mixed Synchro 3 m
A Boys Platform	C Girls 3 m	Mixed Synchro Platform
Women 3 m	Men 3 m	C Girls Platform
Men 1 m	Women Platform	C Boys 1 m
Boys & Girls Sync 3 m	Boys & Girls Sync Platform	Women 1 m
Mixed Team Event	Men & Women Sync Platform	Men Platform
Men & Women Sync 3 m		

Programme is tentative and can be amended.

TECHNICAL MEETING:

Thursday, December 11th, at 19:00 at Mäkelänrinne.

ENTRIES:

Each participating nation may enter a maximum of 2 divers per individual discipline. In synchronised and team events participating country can enter only one team per discipline. Entries should be submitted electronically via the Divecalc online entry system. Each country will receive a Divecalc-link that the country needs to use for entries.

RESULTS SERVICE:

Live results will be available on: <http://divecalc.net/divecalc/live/>

Live streams will be available. More information will follow later.

AWARDS:

Medals are awarded to the divers who finish first, second, and third in each age group and discipline, as well as to teams in team/synchro events.

Points are calculated to facilitate an official international competition among countries. Points are awarded for both individual and team/synchro events as follows: 10-8-7-6-5-4-3-1 points.

The title of "Best Nation" will be awarded in both junior and senior age groups.

**ACCOMMODATION:**

Official hotel is Sokos Hotel Tripla, Fredikanterassi 1 B, 00520 Helsinki. Accommodation package includes meals at the pool from Friday lunch to Sunday Lunch (banquet at Saturday evening at the hotel).

The following rates apply:

Single room: **490 EUR** / per person / 3 nights full board

Twin room: **390 EUR** / per person / 3 nights full board

Twin room with extra bed: **320 EUR** / per person/ 3 nights full board

TRANSPORTATION SERVICES:

There is a train from the airport directly to the hotel (Pasila station). Single fare is 4,40 EUR.

<https://www.hsl.fi/en/tickets-and-fares>

IMPORTANT DEADLINES:

Preliminary team entries form and Preliminary accommodation form: **16.10.2025**

Final accommodation form and rooming list: **27.11.2025**

Final entries for participants on Divecalc online link: **2.12.2025 before 10 am**

Dive sheets on Divecalc online link: **9.12.2025** (changes possible until 24 hours before the competition)

CONTACTS:

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