



Polish Winter Open



Information Bulletin

18 - 20 December 2026

Rzeszów, Poland

POLSKI ZWIĄZEK PŁYWACKI / POLISH SWIMMING FEDERATION

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Disclaimer

All information in this bulletin was correct at the time of going to press. Changes to schedules, services and procedures, along with any essential updates, will be communicated to Teams by Competition Management if required.

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1. General information

Polish Winter Open will be held from 18th to 20th of December 2026 at Diving Arena in Rzeszów, Poland. During the Competition there will be presented individual, synchronized and mixed events, which will include diving from 1m and 3m springboards, and 5m, 7,5m and 10m platforms.

1.1. Key dates

Date	Event
15 Nov 2026	Intent of Participation Form
07 Dec 2026	Entry Form Deadline
17 Dec 2026	Official Training
17 Dec 2026	Technical Meeting
18 Dec 2026	Start of the Competition
19 Dec 2026	Opening Ceremony
20 Dec 2026	End of the Competition

1.2. Host

Polish Winter Open Diving Championships will be hosted by Polish Swimming Federation.

Polish Swimming Federation
POLSKI ZWIĄZEK PŁYWACKI
18 Cząstkowska Street
01-678 Warszawa, Poland

1.3. Competition Management

Competition Manager: Marcin Kulczycki

Email: mkulczycki@o2.pl

Phone: +48 518 502 991

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2. Competition

All events during Polish Winter Open will be held in formula with direct Finals. On Day 1 and Day 2, a Super Final for top athletes in each category will be organized as a combined event.

There is no limit on how many divers a Team can register.

2.1. Year of birth restrictions

Group	Year of birth
B	2011, 2012 + 2013
A	2008, 2009, 2010
Open	No limit

Athletes born in 2013 are allowed to compete with group B.

2.2. Competition format

- **List of Events:**

Event	1m	3m	Platform
Men's Individual	✓	✓	✓
Women's Individual	✓	✓	✓
Men's Synchro		✓	✓
Women's Synchro		✓	✓
Mixed Synchro		✓	✓
A Girls Individual	✓	✓	✓
A Boys Individual	✓	✓	✓
B Girls Individual	✓	✓	✓
B Boys Individual	✓	✓	✓
A/B Girls Synchro		✓	✓
A/B Boys Synchro		✓	✓
Total:	8	13	13

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- **Super Final**

- Last events of the day
- Super Final is considered as an additional event not included in the final ranking
- Super Final will be conducted for 3m and Platform individual events only
- Top 4 athletes from group B, A and Open compete together in the Super Final performing only free dives
- No medals will be given for the Super Final Ranking. Additional prizes might be provided by the Organizer

- **Composition of the Diving Programme:**

Event		Diving Programme
Men's Individual	1m, 3m, Platform	6 dives without Degree of Difficulty (DD) limit
Women's Individual	1m, 3m, Platform	5 dives without DD limit
Men's Synchro	3m, Platform	2 dives with DD limit + 4 dives without DD limit
Women's Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit
Mixed Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit
A Girls Individual	1m, 3m	5 dives with DD limit + 4 dives without DD limit
A Girls Individual	Platform	4 dives with DD limit + 4 dives without DD limit
A Boys Individual	1m, 3m	5 dives with DD limit + 5 dives without DD limit
A Boys Individual	Platform	4 dives with DD limit + 5 dives without DD limit
B Girls Individual	1m, 3m	5 dives with DD limit + 3 dives without DD limit
B Girls Individual	Platform	4 dives with DD limit + 3 dives without DD limit
B Boys Individual	1m, 3m	5 dives with DD limit + 4 dives without DD limit
B Boys Individual	Platform	4 dives with DD limit + 4 dives without DD limit
A/B Girls Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit
A/B Boys Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit

- **Starting order**

Starting order for all events will be drawn at the Technical Meeting.

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2.3. Intent of Participation

Each team should send the Intent of Participation Form (see Appendix 1) to Competition Manager according to the date shown in the “Key dates” table (chapter 1.1.).

2.4. Registration

To register divers and Officials for competition each team should prepare Entry Form (see Appendix 2.).

Entry Forms should be sent by email to Competition Manager according to the date shown in the “Key dates” table (chapter 1.1.).

2.5. Competition Schedule

Competition will take place in the following order:

	Session	
	Morning	Afternoon
Friday 18.12.2026	✓	✓
Saturday 19.12.2026	✓	✓
Sunday 20.12.2026	✓	

Friday	Saturday	Sunday
Open Women 3m	Open Men 3m	Open Men 1m
Open Men Platform	Open Women Platform	Open Women 1m
A Girls 3m	A Boys 3m	A Boys 1m
A Boys Platform	A Girls Platform	A Girls 1m
B Girls 3m	B Boys 3m	B Boys 1m
B Boys Platform	B Girls Platform	B Girls 1m
Open+A+B Mix Synchro Platform	Open+A+B Mix Synchro 3m	Open+A+B Men + Women Synchro 3m
		Open+A+B Men + Women Synchro Platform
Super Final Women	Super Final Women	
Super Final Men	Super Final Men	

The order of the events may be changed based on the number of participants.

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2.6. Entry fee

Entry fee – **30 PLN** / diver / event

Based on Entry Form, each Team will receive an invoice from the Polish Swimming Federation for the entry fee payment.

2.7. Training

Official Training will be held on 17 December 2026. Schedule will be announced later based on number of participants.

2.8. Rules

All events shall be conducted in accordance with the World Aquatics Rules, which can be found on the World Aquatics website: <https://www.worldaquatics.com/rules/competition-regulations>

2.9. Technical Meeting

Technical Meeting will take place on 17 December 2026 in the conference room at the Diving Pool at 19:15.

2.10. Medals and Diplomas

Top three ranked divers will be awarded with medals and top eight will be awarded with diplomas. There will be two medal ceremonies for these events, in which athletes from foreign Federations participate.

2.11. Medical care

Medical care and lifeguards will be available during training and competition.

3. Accommodation

Accommodation package will be provided at a later stage. Please contact the Competition Manager for more details.

4. Transport

Local transport may be provided as a part of the accommodation package. Please contact the Competition Manager for more details.

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5. Venue

5.1. Key information

The Diving Competition will take place at the Diving Arena:

Pływalnia Matuszczaka
7A Matuszczaka Street
35-083 Rzeszów, Poland

The pool was opened in December of 2022 and was set up in accordance with the requirements of World Aquatics. It allows to organize international diving competitions and national team training for individual and synchronized diving.

5.2. Venue specification

- Pool specification:
 - dimensions: 29 x 25 meters
 - depth: 5 meters
 - springboards: 2 x 1 m, 3 x 3m
 - platforms: 1m, 3m, 5m, 7,5m, 10m
 - springboards and platforms location: all on the same side of the pool
 - recording equipment with TV screens
- Warm-up Area (dry-land):
 - springboards into the dry pool
 - springboards onto the mats
 - trampolines
 - mats
 - pits
 - area for physiotherapy
 - recording equipment with TV screens
- Other:
 - Jacuzzi
 - Sauna
 - Gym

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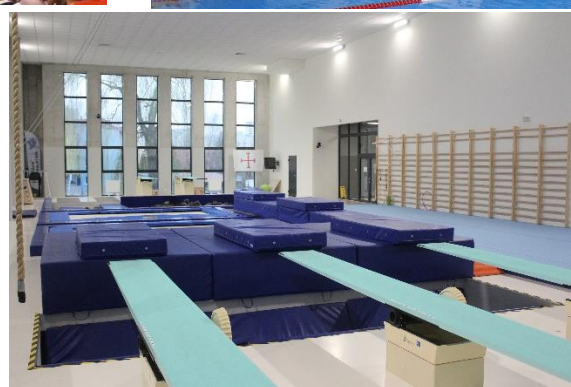
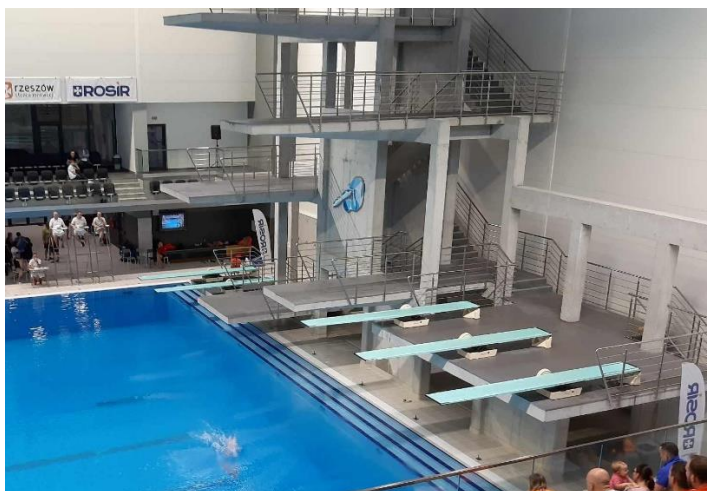
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5.3. Venue photos



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Appendix 1. Intent of Participation

Polish Winter Open Diving Championships

18 – 20 December 2026

Rzeszów, Poland

INTENT OF PARTICIPATION

Federation/Club	
Address	
Contact Person	
E-mail	

1. Anticipated number of participants:

Athletes	
Coaches / Team Leaders / Judges	

2. Athletes' details (estimated):

	Open	A	B
Men			
Women			

3. Additional comments:

.....
.....

Date:

Stamp and Signature:

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GOOD LUCK TO ALL PARTICIPANTS

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