TECHNICAL DIVING COMMITTEE

RSA CUP & NATIONAL AGE GROUP INLAND PROGRAMME OUTLINE 2026

DRAFT 1

PRE-COMPETITION DAY

Pool Opens for Training

Technical Table open for dive sheets not submitted on DiveRecorder

Dive sheets available for checking by divers & coaches

Preliminary Selection Meeting

15:00 Technical Meeting

DAY ONE

Pool open 06:00 – 19:00

RSA Cup 1m Preliminary

Group C 3m Elite & 1m Novices Prelim

Group D 1m Synchro

Lunch

RSA Cup 1m Quarter Finals

RSA Cup 1m Semi Finals

Group C 3m Elite & 1m Novice Synchro

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member &Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@magcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.gliderssdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

Every South African a Swimmer

SOUTH AFRICAN TECHNICAL DIVING COMMITTEE

RSA CUP & NATIONAL AGE GROUP INLAND PROGRAMME OUTLINE 2026

DRAFT 1

DAY TWO

Pool open 06:00 – 19:00

Group C 3m Elite & 1m Novice Final

RSA Cup 1m Final

Group D 1m Elite & Novice Prelim

Lunch (Opening Ceremony)

Group D 1m Elite & Novice Final

Group A/B 3m Synchro Elite Final

Group A/B 1m Synchro Novice Final

DAY THREE

Pool open 06:00 – 19:00

RSA Cup 3m Preliminary

RSA Cup 3m Quarter Finals

Group B 3m Elite (Group C Trial) & 1m Novice Prelim

Group A 3m Elite (Group B Trial) & 1m Novice Prelim

Lunch

Group B 3m Elite (Group C Trial) & 1m Novice Final

Group A 3m Elite (Group B Trial) & 1m Novice Final

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) lraccanello@roedeanschool.co.za; Kim Boustred (Member) kboustred@gmail.com; Athi Diliza (Member) athi.diliza@gmail.com; Jane Davenport (Convenor Selection Committee) jc.davenport@outlook.com; Dominique Philippopoulos (Fina Representative) diver_dom@yahoo.com;
Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) fiorellab@mweb.co.za; Colleen Kelling (Secretariat) durban.admin@jetline.co.za; Danilo Cogrossi (Coaches Representative) danilo.cogrossi@gmail.com; Micaela Bouter (Athletes Representative) micaelabouter@gmail.com.

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DAY FOUR

Pool open 06:00 – 19:00

RSA Cup 3m Semi Final

Group B 1m Elite (Group C Trial) & 3m Novice Prelim

Group A 1m Elite (Group B Trial) & 3m Novice Prelim

Group C 3m Novice Prelim

Lunch

Group B 1m Elite (Group C Trial) & 3m Novice Final

Group A 1m Elite (Group B Trial) & 3m Novice Final

Group C 3m Novice Final

DAY FIVE

Pool open 06:00 – 19:00

RSA Cup 3m Final

Group D 3m Elite & Novice Prelim

Group C 1m Elite & 3m Novice Prelim

Lunch

Group D 3m Elite & Novice Final

Group C 1m Elite & 3m Novice Final

Selection Meeting & Final Calculations & Setting up of Trophy & Medal Table

Awards Function

DRAFT 1

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