

The background of the entire page is a dark blue color. It is decorated with a pattern of light blue wavy lines, resembling stylized water or ripples. These lines are arranged in a grid-like fashion, with some lines being slightly offset or missing in certain areas, creating a dynamic and textured effect.

EUROPEAN AQUATICS®

Media Kit – High Diving
European Aquatics Championships
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PREVIEW – HIGH DIVING

Four years after Rome 2022: Second edition of High Diving Europeans within sight of the Eiffel Tower on the banks of river Seine – 12 EA member federations participating

Paris (EA) High diving made its debut at the European Championships four years ago in Rome 2022, nine years after it was included to the programme of the World Aquatics (FINA that time) Championships in Barcelona 2013.

Since high diving was not part of the 2024 Europeans in Belgrade, Paris will now host the second European Championship edition of this spectacular sport.

Competitors from 12 Federations – the same number as in Rome – will fight for the two titles. 14 male and eight female divers from nine different nations will present their dives over a total of four rounds and determine the champions among themselves.

Generally, the discipline has one World Aquatics meet annually, the World Championships in odd years and the World Cup in even years. Still, the high divers have their own professional series, which offers a fine view on their actual shape. The so-called Red Bull Cliff Diving World Series features several legs – also this season, with stops at such iconic locations like Porto Flavia in Sardinia last month. Though there is one basic principle there: any event can take place solely at natural waters, the series reject the usage of temporary pools.

Four of six medal winners from Rome 2022 to compete in Paris

Nevertheless, the divers are eager to compete at other major events – and the Paris Europeans will be one of them. Unlike the 2022 European Championships, where the competition took place in close proximity to the respective venues for swimming, diving, and artistic swimming in the iconic Foro Italico, the “high diving hotspot” in Paris will be located at the rivers of the Seine with the Eiffel Tower in sight.

Men typically dive from a height of 27 meters; however, in the French capital, both - men and women - will perform their dives from a height of 20 meters on the „Pont de Bir-Hakeim“ bridge, which promises to be very exciting.

Men’s event: one more Popovici to shine, but Hunt is also in the hunt

The men’s event comes with two medal winners of the Rome premiere: Constantin Popovici – not related to the swimmer David Popovici, who will be competing in Paris next week – and fellow Romanian Catalin Preda are two of the top favourites for the victory.

Popovici not only won the first European high diving title in Rome in 2022, but also the World title in 2023 and an additional bronze medal in Singapore 2025.

Both Romanians currently hold second (Popovici) and third (Preda) place in the World Cup standings, which are led by the Briton Aidan Heslop, who won the last stage in Porto Flavia in July but will not compete in Paris.

PREVIEW – HIGH DIVING

Of course, one of the biggest threats to the two Romanians is veteran Gary Hunt, who competes for France since 2020, though he won his 2015 and 2019 world titles as a Brit.

Since high diving is not part of the Olympic program, Hunt— who represented France at the Paris 2024 Games and placed 8th in the men's 10m synchronised platform event with partner Lois Szymczak — welcomes the opportunity to showcase his specialty in the French capital in front of a home crowd.

Singapore world championship runner-up Carlos Gimeno of Spain and Italy's Andrea Barnaba also intend to have a say in the battle for medals. With 17 years of age neutral athlete Pavel Istomin is the youngest diver to compete, while Gary Hunt is the oldest with 42 years.

Women's event: Rome Champion Iris Schmidbauer wants to defend her title

Germany's Iris Schmidbauer, currently the top-ranked European woman in the World Cup standings, won gold at the European Championship debut in 2022, while Elisa Cosetti from Italy secured bronze at her home event in Rome. Both are among the top favorites in Paris as well.

Other notable names on the start list include Ginni van Katwijk, the European high diver of the year 2025 and sixth at last year's World Championships, and Morgane Herculane; like the Swiss Herculano, the Dutch diver has long been a fixture on the international high diving scene. They are currently ranked sixth and seventh, respectively, in the World Cup standings.

Host France is represented by Madelaine Bayon, who finished 14th at the 2025 Worlds in Singapore.

The following 12 EA member federations have entered for Paris: BEL – Belgium, DEN – Denmark, ESP – Spain, FRA – France, GER – Germany, HUN – Hungary, ITA – Italy, NAB – Neutral Athletes B, NED – Netherlands, ROU – Romania, SUI – Switzerland, UKR – Ukraine

EDUCATIONS FACTS: UNDERSTANDING HIGH DIVING

High Diving is the most extreme and spectacular disciplines in aquatics. Athletes perform acrobatic dives from extraordinary heights into the water, reaching speeds of almost 80 km/h before entering the water feet-first.

Unlike traditional Diving, High Diving takes place from outdoor permanent or temporary facilities and combines:

- Extreme physical control
- Precision
- Courage
- Spatial awareness
- Mental focus

At the European Aquatics Championships, High Diving delivers some of the most visually dramatic moments of the competition, with the most extraordinary backdrops of our natural world.

THE DISCIPLINE

Competition Heights

Men & Women

- 20 metre platform - This height is significantly higher than the Olympic 10m diving platform.

For comparison:

- 20 metres is approximately the height of a 7 storey building.

HOW HIGH DIVING WORKS

Dive Structure

Athletes perform a series of dives across four rounds.

Each dive includes:

- Somersaults
- Twists
- Or combinations between them

Divers must maintain perfect control before entering the water at extremely high speeds.

EDUCATIONS FACTS: UNDERSTANDING HIGH DIVING

Degree of Difficulty (DD)

Every dive has a Degree of Difficulty value based on:

- Number of somersaults
- Number of twists
- Body position and particular movements during the flight.

Higher difficulty increases scoring potential but also increases risk.

HOW HIGH DIVING IS JUDGED

What Judges Evaluate

Judges score the three elements of a dive:

- Starting position and take-off
 - Flight execution
 - Entry into the water
-

The Entry

At these heights, water impact is extremely powerful.

Divers must enter the water:

- Vertically
- With maximum body tension
- With precise alignment

High Diving entries are performed only feet-first for safety reasons.

COMPETITION FORMAT

Preliminary Rounds

Athletes perform three series of dives with cumulative scoring.

Finals

The cumulative score from the fourth and final round of dives added to that of the first three rounds of dives determine the medal positions.

Because of the high difficulty involved, rankings can change dramatically with a single dive.

KEY MOMENTS TO WATCH

The Platform Preparation

The moments before take-off are often completely silent as athletes focus intensely before launching from the platform.

The Take-off

Generating height and rotational speed from the platform is critical for completing the dive safely and successfully.

EDUCATIONS FACTS: UNDERSTANDING HIGH DIVING

Mid-Air Acrobatics

Divers perform multiple twists and somersaults in only 2.02 seconds before enter the water.

The Entry

The impact on the entry is one of the most important and dramatic moments of the dive.
At these speeds, even small positioning errors can significantly affect scoring and cause accidents.

WHAT MAKES HIGH DIVING EXCITING TO WATCH

Extreme Heights

The visual scale of High Diving makes it the most spectacular sports in aquatics.

Risk vs Reward

Athletes constantly balance:

- Difficulty
- Execution
- Safety
- Consistency

Attempting more difficult dives can dramatically improve scores but also increases the chances of mistakes or injury.

Outdoor Atmosphere

High Diving is usually held in iconic outdoor locations, creating a unique atmosphere for both athletes and spectators.

Wind, weather and lighting conditions can all influence performances.

COMMON MISCONCEPTIONS

“It’s just extreme diving”

High Diving requires highly specialized training, including:

- Impact preparation
- Aerial awareness
- Physical conditioning
- Mental preparation

Not all elite divers transition successfully into High Diving.

“The splash determines the score”

Like traditional diving, splash size is very important as well as:

- Body alignment
 - Technical execution
 - Safe, controlled entry
-

EDUCATIONS FACTS: UNDERSTANDING HIGH DIVING

SAFETY IN HIGH DIVING

Athlete Safety

Safety is the highest priority in High Diving.

Safety depends on the competition venue and include:

- Medical teams
 - Rescue divers
 - Safety officers
 - Water surface monitoring
 - Warm-up supervision
-

Water Aeration

Special aeration systems are used to create bubbles in the landing area.

This can be from a mechanical system or the safety highly trained rescue divers in the water

This reduces water surface tension provides a specific area for the athlete to spot as water is blue and so is the sky and helps make entries safer for athletes.

Weather Monitoring

Officials continuously monitor:

- Wind
- Visibility
- Water conditions
- Platform safety
- Sun direction to avoid athletes being blinded

Competitions may be delayed or suspended if conditions become unsafe.

TECHNICAL TERMS & VOCABULARY

DD (Degree of Difficulty)

Numerical value assigned to the complexity of a dive.

Armstand

A dive beginning from a handstand position on the platform.

Pike Position

Straight legs with the body bent at the hips.

Tuck Position

Bent knees pulled tightly toward the chest.

Rip Entry

A clean, controlled water entry without splash.

EDUCATIONS FACTS: UNDERSTANDING HIGH DIVING

WHAT THE PUBLIC SHOULD KNOW

Silence Before the Dive

Athletes require complete concentration before take-off.

Spectators are encouraged to:

- Support athletes enthusiastically
- Applaud after dives
- Remain silent from the starting position until the diver enter the water.

INTERESTING FACTS

Did You Know?

- From 20 meters the high divers can reach speeds of over 70 km/h during entry.
- Athletes have less than three seconds between take-off and water entry.
- At European Championships Men and Women compete from 20 metres.
- Water aeration systems are used to improve athlete safety.
- Many High Diving venues are temporary structures built in iconic city locations.
- High Diving combines elements of gymnastics, diving, trampolining and extreme sports.

ALL-TIME European Medal Table High Diving

(all events 2022)

	Nation	Gold	Silver	Bronze	Total
1	ROU	1	1	0	2
2	GER	1	0	0	1
3	UKR	0	1	0	1
4	ITA	0	0	2	2
4		2	2	2	6

Medallists – 2013-2025

WOMEN

	GOLD		SILVER		BRONZE	
WCh 2013	Cesilie CARLTON – USA	211.60	Ginger HUBER – USA	206.70	Anna BADER – GER	203.90
WCh 2015	Rachelle SIMPSON – USA	258.70	Cesilie CARLTON – USA	237.35	Yana NESTSIARAVA – BLR	233.10
WCh 2017	Rhiannan IFFLAND – AUS	320.70	Adriana JIMINEZ – MEX	308.90	Yana NESTSIARAVA – BLR	303.95
WCh 2019	Rhiannan IFFLAND – AUS	298.05	Adriana JIMINEZ – MEX	297.90	Jessica MACAULAY – GBR	295.40
OG 2021	Not on the competition programme					
WCh 2022	Not on the competition programme					
ECh 2022	Iris SCHMIDBAUER – GER	309.30	Antonina VYSHYVANOVA – UKR	295.40	Elisa COSETTI – ITA	284.30
WCh 2023	Rhiannan IFFLAND – AUS	357.40	Molly CARLSON – CAN	322.80	Jessica MACAULAY – GBR	320.95
WCh 2024	Rhiannan IFFLAND – AUS	342.00	Molly CARLSON – CAN	320.70	Jessica MACAULAY – GBR	320.35
ECh 2024	Not on the competition programme					
OG 2024	Not on the competition programme					
WCh 2025	Rhiannan IFFLAND – AUS	359.25	Simone LEATHEAD – CAN	314.50	Maya KELLY – USA	310.00
ECh 2026						

MEN

	GOLD		SILVER		BRONZE	
WCh 2013	Orlando DUQUE – COL	590.20	Gary HUNT – GBR	589.30	Jonathan PAREDES – MEX	578.35
WCh 2015	Gary HUNT – GBR	629.30	Jonathan PAREDES – MEX	596.45	Artem SILCHENKO – RUS	593.95
WCh 2017	Steven LO BUE – USA	397.15	Michal NAVRATIL – CZE	390.90	Alessandro DE ROSE – ITA	379.65
WCh 2019	Gary HUNT – GBR	442.20	Steven LO BUE – USA	433.65	Jonathan PAREDES – MEX	430.15
OG 2021	Not on the competition programme					
WCh 2022	Not on the competition programme					
ECh 2022	Constantin POPOVICI – ROU	455.70	Catalin PREDA – ROU	436.20	Alessandro DE ROSE – ITA	416.45
WCh 2023	Constantin POPOVICI – ROU	472.80	Catalin PREDA – ROU	438.45	Gary HUNT – FRA	426.30
WCh 2024	Aidan HESLOP – GBR	422.95	Gary HUNT – FRA	413.25	Catalin PREDA – ROM	410.20
ECh 2024	Not on the competition programme					
OG 2024	Not on the competition programme					
WCh 2025	James LICHTENSTEIN – USA	428.90	Carlos GIMENO – ESP	425.30	Constantin POPOVICI – ROU	408.70
ECh 2026						