

Diving

OLYMPIC DEBUT: 1904

During the inaugural competition in St. Louis, the Germans argued (to no avail) that the way a diver hits the water should not affect his score. American George Sheldon won the first diving gold in the platform.

ALL-TIME EVENT MEDALS

USA	47	40	41	128
CHINA	20	13	5	38
GERMANY	5	8	9	22
SWEDEN	6	8	7	21



The Oregonian

SUNDAY, AUG. 17, 2008 | 10TH OF 17

TODAY'S HIGHLIGHTS

+> 4 a.m.: Swimming: various finals; track & field: various finals; women's volleyball;

diving;

trampoline (taped), Telemundo

+> 10 a.m.:

Women's basketball: USA vs. New Zealand; beach volleyball quarterfinals; women's volleyball: USA vs. Poland; cycling: various track finals; rowing (live), NBC

+> 6 p.m.:

Beach volleyball: women's quarterfinals (taped), Telemundo

+> 7:30 p.m.:

Track & field; gymnastics: men's individual floor and pommel horse finals, women's individual floor and vault finals;

women's 3m diving;

rowing: women's eights (live), NBC

+> 9 p.m.:

Softball: USA vs. China (live), CNBC

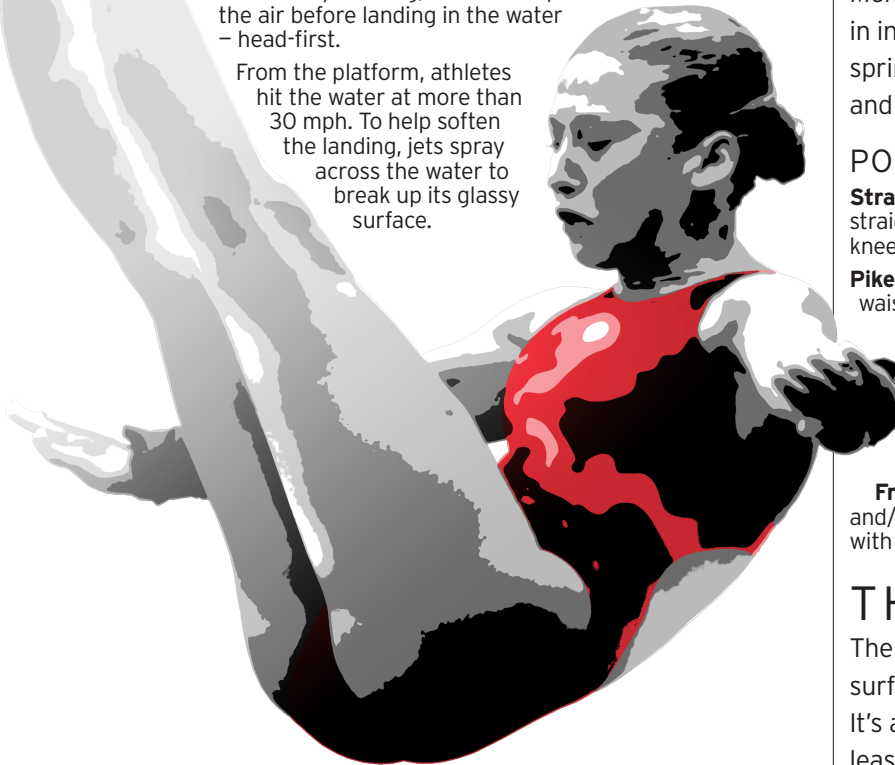
+> 11 p.m.:

Men's basketball: USA vs. TBD; men's water polo: USA vs. Germany; women's field hockey: USA vs. Great Britain; table tennis: men's team gold and bronze-medal matches (live), USA Network

THE IMPACT

Jumping from the 10-meter platform can be taxing on the body. At almost 33 feet above the water's surface, it's as if athletes leap from the top of a three-story building, twist and flip in the air before landing in the water – head-first.

From the platform, athletes hit the water at more than 30 mph. To help soften the landing, jets spray across the water to break up its glassy surface.



THE DIVES

There are six categories that, combined with the four positions (straight, pike, tuck and free), are used in the construction of a dive.

Forward: Body facing pool and dive made facing pool.

Backward: Back to the pool and dive made rotating away from board.

Reverse: Body facing pool and dive made rotating toward the board.

Inward: Back to the pool and dive made rotating toward the board.

Twisting: Any dive with a twist.

Armstand: Any dive starting from a motionless handstand. Performed only on platform.

THE COMPETITION

In the men's individual competitions, athletes dive six times in each of the three rounds. Men's synchronized teams dive five times. All women's competitions are five dives per round.

Eighteen athletes survive the individual preliminary to compete, diving in reverse order of their scores, in the semifinals. Twelve divers advance to the finals where, again, they dive in reverse order. Judges score on a 0-10 scale.

Synchronized teams compete only in a final round of competition.

In each round, athletes must perform a dive from each category (listed at left), and men's individual springboard must in addition perform two from one category.

Competitors must submit full diving programs 24 hours in advance.

THE OBJECT

Diving is a water sport in which competitors are scored by judges on technique and performance. Men and women each compete in individual and synchronized springboard (9 feet, 10 inches) and platform (32 feet, 10 inches).

POSITIONS

Straight: When a diver's body is straight at entry with no bend in the knees or hips and feet together.

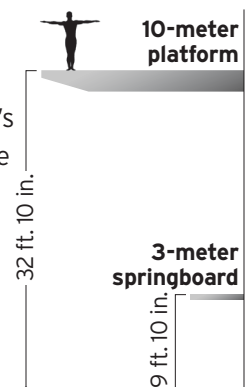
Pike: When a diver doubles over at the waist while keeping her legs straight and toes pointed (as shown at left).

Tuck: When a diver bends her knees and pulls her thighs tight into her chest as if preparing for a cannonball.

Free position: When a pike, tuck and/or straight position is combined with a twist.

THE BOARDS

The higher of the two diving surfaces is the 10-meter platform. It's a flat, rigid slab that's at least 6 feet, 6 inches wide. The 3-meter springboard is at least 15 feet, 7 inches long even though only the last 5 feet hang over the water. There's an adjustable fulcrum divers can move to change its flexibility.



ONE TO WATCH

China's **Guo Jingjing**, 2004 gold winner in women's springboard

U.S. HOPEFUL

David Boudia took third at the 2008 World Cup in the individual platform