

	1 METRE			3M			PLATFORM		
<b>MEN</b>	412	Eindhoven Cup 2019	Oliver Dingley	447.1	British Champs 2018	Oliver Dingley	205.9	Irish Open 2013	Tony Miller
<b>WOMEN</b>	250.05	British Champs 2018	Clare Cryan	300.8	FINA Grand Prix Singapore 2018	Clare Cryan	286.45	Irish Open 2019	Tanya Watson
<b>JUNIOR BOYS In Senior Event</b>	255.7	Irish Open 2014	Jack Ffrench	273.1	Irish Open 2014	Jack Ffrench	205.9	Irish Open 2013	Tony Miller
<b>JUNIOR GIRLS In Senior Event</b>	206.95	Irish Open 2014	Natasha MacManus	246.8	Irish Open 2019	Tanya Watson	286.45	Irish Open 2019	Tanya Watson
<b>A - BOYS 16-18 Years</b>	265.4	Irish Open 2011	Sean McCormack	290.5	Irish Open 2011	Sean McCormack	236.9	Sean McCormack 2011	Sean McCormack
<b>A - GIRLS 16-18 Years</b>	339.5	Senet Cup 2014	Natasha MacManus	364.3	Finish Nationals 2018	Tanya Watson	400.6	GB Junior Elites 2018	Tanya Watson
<b>B - BOYS 14-15 Years</b>	340.2	GB Junior Elites 2015	Tony Miller	353.5	Trofeo Niccolo 2015	Tony Miller	262.2	Irish Open 2011	Jack Ffrench
<b>B - GIRLS 14-15 Years</b>	322.15	Finish Nationals 2018	Anna Power	313.7	European Junior 2013	Natasha MacManus	295	European Juniors 2013	Natasha MacManus

### IRISH NATIONAL RECORDS - SYNCHRO

	Springboard Synchro			Platform Synchro		
<b>MEN</b>	341.37	Senet Cup 2018	Jack Ffrench & Oliver Dingley	0		
<b>WOMEN</b>	0			0		
<b>Mixed Synchro</b>	269.04	FINA Grand Prix Calgary 2019	Clare Cryan & Oliver Dingley	0		
<b>JUNIOR BOYS (In Senior Event)</b>	0			0		
<b>JUNIOR GIRLS (In Senior Event)</b>	0			0		
<b>A/B - BOYS 14-18 Years</b>	0			0		
<b>A/B - GIRLS 14-18 Years</b>	234.96	Finish Nationals 2018	Anna Power & Ciara McGing	0		