DIVING 09

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Diving is a water sport where athletes jump or dive into a pool from a platform or springboard, performing acrobatic manoeuvres before entering the water. It combines athleticism, precision, and grace, with competitors judged on the difficulty and execution of their dives. Diving is a popular Olympic sport and recreational activity that showcases strength, flexibility, and technique. Diving has roots in ancient times, where acrobatic jumps and plunges were practised for entertainment and ritual purposes. Modern competitive diving was developed in the early 20th century, with formalised rules and standardised platforms and springboards.

INTERESTING FACT

Diving as a sport first appeared in the 1904 Olympic Games in St. Louis, and synchronised diving was added to the Olympics in 2000

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