



NCAA Mid-Major Diving Program Performance 2024-2026

Prepared by

springboard
creative

INTRODUCTION

Springboard Creative was approached by a group of college and club coaches looking to compile data on NCAA Mid-Major diving programs. The group was interested in having a document that could be shared with club athletes and parents, as well as for use in recruiting, that could present comparative performance data on non-P4, non-Ivy programs.

With that information in mind, we did a deep dive into the past three years of championship results to determine which Mid-Major programs were excelling the most. The results were telling: The top Mid-Major divers could likely make most P4 rosters. And the top Mid-Major programs have excelled at a level that is far above the median P4 programs.



Over the past two years since roster limitations were instituted, nearly 70 undergraduate divers from P4 institutions entered the transfer portal. Some found other P4 homes, some transferred to a Mid-Major, D-II, or D-III program, while others simply gave up the sport they love. With the recent passage of the "5-in-5" rule for Division-I athletes, available roster spots will become even more coveted. This means talented divers who may have made the roster of a major program just a few years ago may now be looking for other opportunities.

Great coaching is not limited to the P4. Many non-P4 coaches have excelled over the years, often developing talent over the course of a college career as opposed to signing highly-recruited prospects. With the changes noted above, we could see more of these prospects landing in different spots, giving strong coaches at other levels the opportunity to be even more competitive on the national stage.

As a former Mid-Major coach myself I am very familiar with the challenge of recruiting and competing against P4 programs. My hope is that these changes will create more parity and allow coaches at non-P4 programs to better showcase their skills with more comparative talent.

— Nick Gayes
Owner, Springboard Creative

ABOUT THIS REPORT

What seemed like a straightforward data collection project soon morphed into this more complex breakdown. Conference realignment over the past three years along with changing conference sponsorships posed significant challenges in collecting and analyzing the data. Those challenges, coupled with varying conference championship formats, participation, and scoring models, further complicated the process. In order to distill the data into something applicable across all programs, we had to normalize certain aspects and re-score all of the conference championships.

We used the standard NCAA Championship scoring format of 16 places assigned with the following values: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. For conference championships where there were less than 16 divers, scoring and possible points are based on the number of participants. For overall scoring, we awarded 1 point per NCAA Zone final appearance, 2 points per NCAA Championship event appearance, and 4 points per NCAA Championship final appearance (Top 16.) To recognize in-conference performance, we took the number of individual conference titles won and multiplied it by the percentage of available titles won by that program.

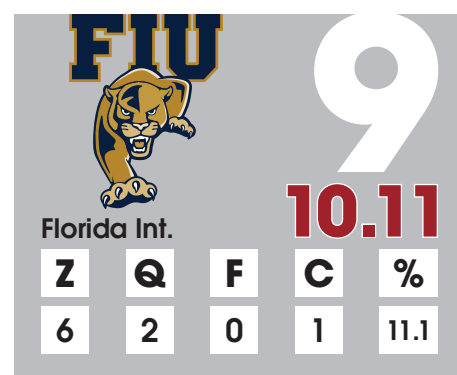
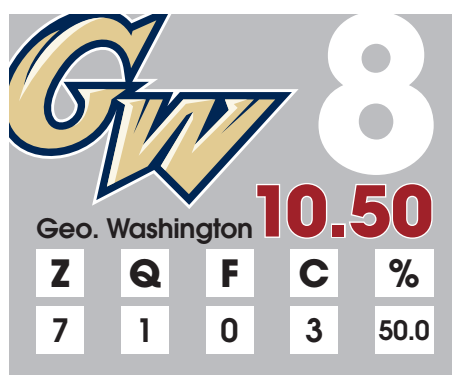
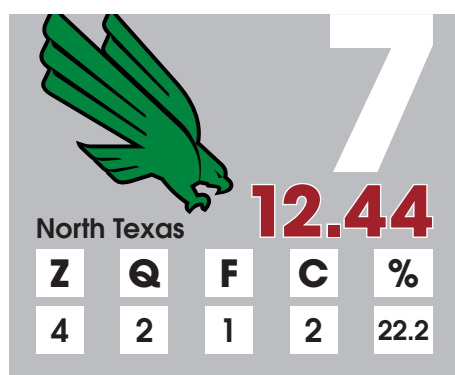
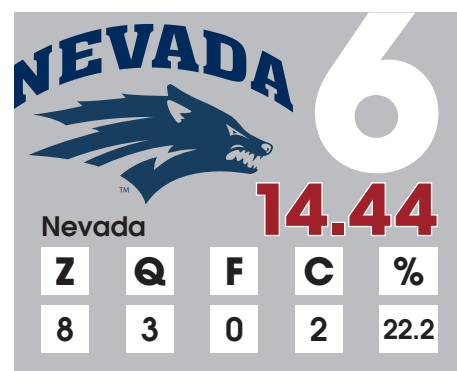
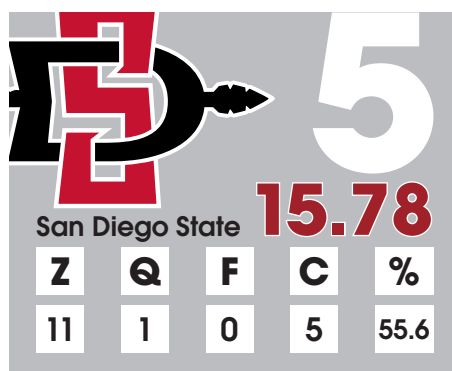
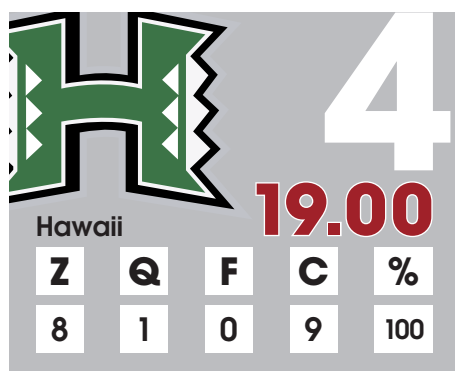
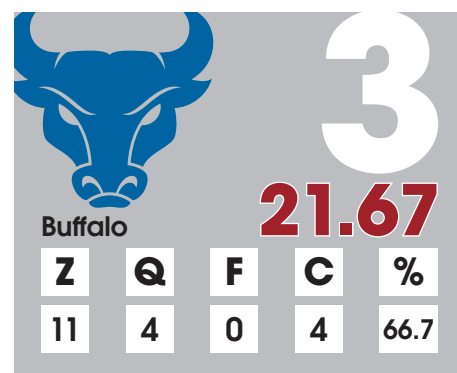
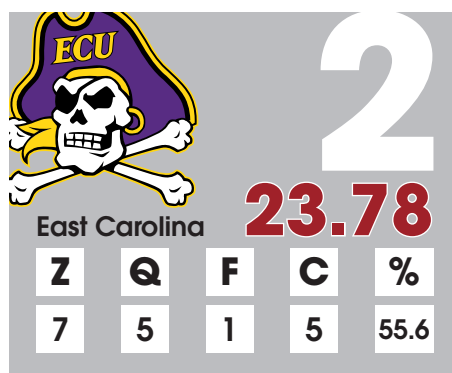
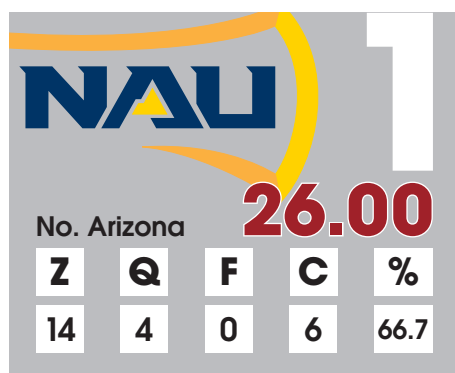
While this report was commissioned, all data & analyses were produced solely by Springboard Creative. No data was manipulated or otherwise presented to show favor to the commissioning party or any other entities.

The information in this report reflects the 2023-24, 2024-25, and 2025-26 seasons *only*.

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OVERVIEW Top Mid-Major Women's Programs 2024-2026



PROGRAMS RANKED 10-25

RK	SCHOOL	TOT	Z	Q	F	C	%
10	Liberty	9.00	3	1	0	6	66.7%
11	Fresno State	8.00	4	2	0	0	0.0%
12	Wyoming	6.11	2	2	0	1	11.1%
13	Denver	6.00	0	0	0	6	100.0%
	Florida Atlantic	6.00	2	2	0	0	0.0%
	Sacred Heart	6.00	0	0	0	6	100.0%
16	Navy	5.67	5	0	0	2	33.3%
17	SMU*	5.33	3	1	0	1	33.3%
18	Cal Baptist^	5.11	5	0	0	1	11.1%
19	James Madison	4.78	3	0	0	4	44.4%
20	Connecticut	3.67	1	0	0	4	66.7%
	Northeastern	3.67	1	0	0	4	66.7%
22	Eastern Michigan	3.00	1	1	0	0	0.0%
	New Mexico	3.00	3	0	0	0	0.0%
24	Boston/C. Conn	2.67	0	0	0	4	66.7%
	St. Bonaventure	2.67	2	0	0	2	33.3%

SCORING FORMULA

This scoring model is designed to reward overall performance on the NCAA level while also recognizing excellence within individual conference championships.

		Value
Z	NCAA Zone finals participated in	1 pt
Q	NCAA events participated in	2 pt
F	NCAA finals participated in	4 pt
C	Individual conference titles	1 pt
%	Pct. of individual conference titles won	

$$\text{Total Score} = Z + Q2 + F4 + (C \times \%)$$

*Joined ACC after 2023-24 season, no longer considered a Mid-Major ^Program dropped after 2025-26 season

OVERVIEW Top Mid-Major Men's Programs 2024-2026



1

Cal Baptist[^]

48.11

Z	Q	F	C	%
17	12	0	8	88.9



2

IU-Indianapolis

22.00

Z	Q	F	C	%
6	5	0	6	100



3

Hawaii

19.11

Z	Q	F	C	%
6	3	0	8	88.9



4

UMass

16.67

Z	Q	F	C	%
6	4	0	4	66.7



5

Illinois-Chicago

15.17

Z	Q	F	C	%
9	1	0	5	83.3



6

Naval Academy

13.00

Z	Q	F	C	%
7	0	0	6	100



7

UNLV

11.11

Z	Q	F	C	%
9	1	0	1	11.1



8

Denver

9.17

Z	Q	F	C	%
5	0	0	5	83.3



9

Grand Canyon

5.11

Z	Q	F	C	%
5	0	0	1	11.1

PROGRAMS RANKED 10-25

RK	SCHOOL	TOT	Z	Q	F	C	%
10	UNC-Wilmington	4.17	0	0	0	5	83.3%
11	Air Force	4.00	4	0	0	0	0.0%
	Florida Atlantic	4.00	0	0	0	6	66.7%
13	SMU*	3.33	2	0	0	2	66.7%
14	Omaha	3.17	3	0	0	1	16.7%
15	Howard	2.67	0	0	0	4	66.7%
	Rider	2.67	0	0	0	4	66.7%
	Seton Hall	2.67	2	0	0	2	33.3%
18	Ball State	2.17	2	0	0	1	16.7%
19	Geo. Washington	2.00	2	0	0	0	0.0%
20	Fordham	1.67	1	0	0	2	33.3%
21	Bryant	1.50	0	0	0	3	50.0%
22	Delaware	1.00	1	0	0	0	0.0%
	Miami (OH)	1.00	1	0	0	0	0.0%
	South Dakota	1.00	1	0	0	0	0.0%
25	G'town/Villanova	0.67	0	0	0	2	33.3%

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SCORING FORMULA

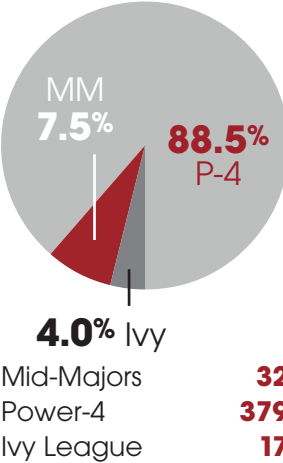
This scoring model is designed to reward overall performance on the NCAA level while also recognizing excellence within individual conference championships.

Z	NCAA Zone finals participated in	1 pt	Value
Q	NCAA events participated in	2 pt	
F	NCAA finals participated in	4 pt	
C	Individual conference titles	1 pt	
%	Pct. of individual conference titles won		

Total Score = Z + Q2 + F4 + (C x %)

OVERVIEW NCAA Championships 2024-2026

WOMEN'S 3-YEAR



WOMEN'S PARTICIPANTS BY YEAR

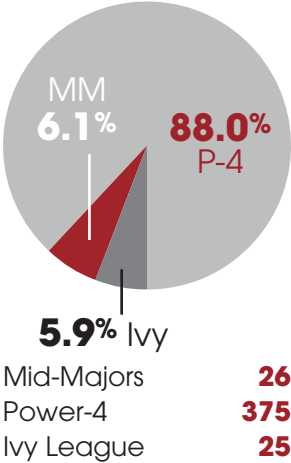
2024	10	127	6
2025	6	131	6
2026	15	122	5

MEN'S PARTICIPANTS BY YEAR

2024	9	122	10
2025	8	127	7
2026	9	126	8

Mid-Majors Power-4 Ivy League

MEN'S 3-YEAR



DIVISION-I Mid-Major NCAA Participants by Conference 2024-2026

WOMEN YEARLY AND 3-YEAR TOTAL

AAC	4	2	6	12
MtnWest	3	2	3	8
MAC	2	1	2	5
*WAC	1	1	1	2
MPSF	2	2	2	2
A-10	1	1	1	1
^BigWest	1	1	1	1
AmEast	0	0	0	0
ASUN	0	0	0	0
Big East	0	0	0	0
CAA	0	0	0	0
Horizon	0	0	0	0
MAAC	0	0	0	0
MVC	0	0	0	0
NEC	0	0	0	0
Patriot	0	0	0	0
Summit	0	0	0	0
*Sun Belt	0	0	0	0

NCAA FINALS

Mid-Major

15th place - PL
Frida Zuniga Guzman
East Carolina

16th place - 3m
Kamryn Wong
North Texas

Ivy League

None

MEN YEARLY AND 3-YEAR TOTAL

*WAC	4	4	8
MPSF	1	5	6
Horizon	2	2	5
A-10	2	2	4
^BigWest	2	2	2
#MVC	1	1	1
AmEast	0	0	0
ASUN	0	0	0
Big East	0	0	0
CAA	0	0	0
MAAC	0	0	0
NEC	0	0	0
Patriot	0	0	0
Summit	0	0	0

NCAA FINALS

Mid-Major

None

Ivy League

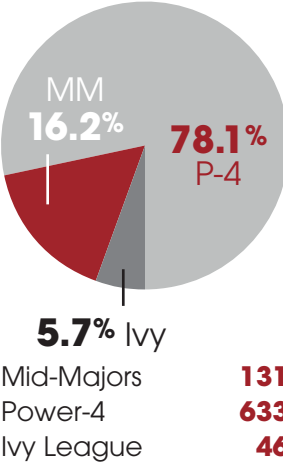
None

KEY

- 2024
- 2025
- 2026
- * Conference dropped sport sponsorship after 2024-25 season
- ^ Conference added sport sponsorship after 2023-24 season
- # Sponsorship shifted from MAC to MVC after 2023-24 season

OVERVIEW NCAA Zones 2024-2026

WOMEN'S 3-YEAR



WOMEN'S FINALISTS BY YEAR

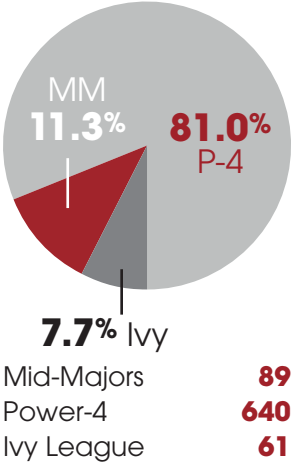
2024	47	212	11
2025	36	215	19
2026	48	206	16

MEN'S FINALISTS BY YEAR

2024	31	211	23
2025	24	224	15
2026	34	205	23

Mid-Majors Power-4 Ivy League

MEN'S 3-YEAR



DIVISION-I Mid-Major NCAA Zone Finalists 2024-2026

WOMEN YEARLY AND 3-YEAR TOTAL

MtnWest	11	12	9	32
AAC	9	6	9	24
MAC	5	5	5	15
*WAC	8	6		14
A-10	4	1	5	10
MPSF	1		9	10
^BigWest	1	6		7
Patriot	3	2		5
*Sun Belt	3	2		5
ASUN	2	2		4
Horizon	1	1		2
Big East	1			1
CAA	1			1
MVC	1			1
AmEast	0			0
MAAC	0			0
NEC	0			0
Summit	0			0

MEN YEARLY AND 3-YEAR TOTAL

*WAC	14	8		22
#MVC	6	5	7	18
MPSF	2		11	13
A-10	2	3	4	9
Summit	3	1	5	9
Patriot	2	2	3	7
^BigWest	2	4		6
Horizon	2	2	2	6
ASUN	2			2
Big East	2			2
CAA	1			1
AmEast	0			0
MAAC	0			0
NEC	0			0

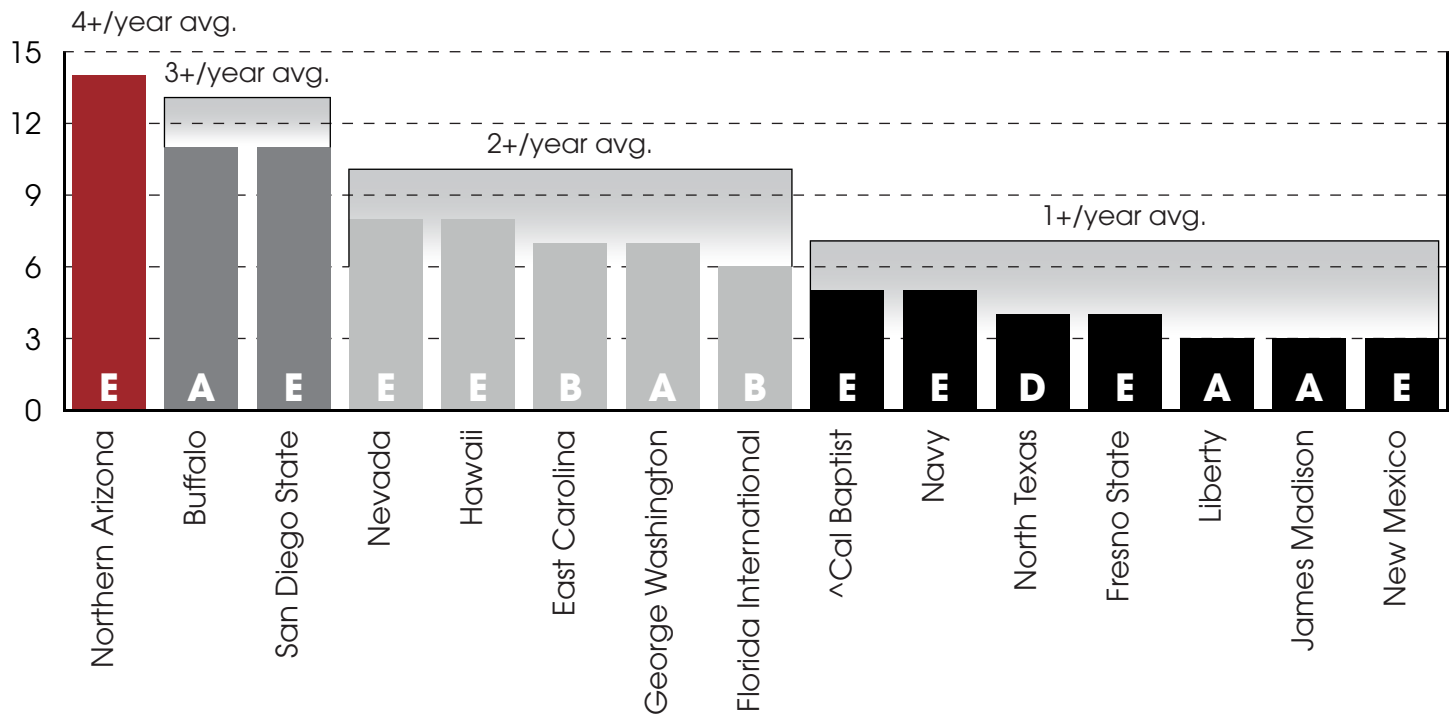
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2024
2025
2026

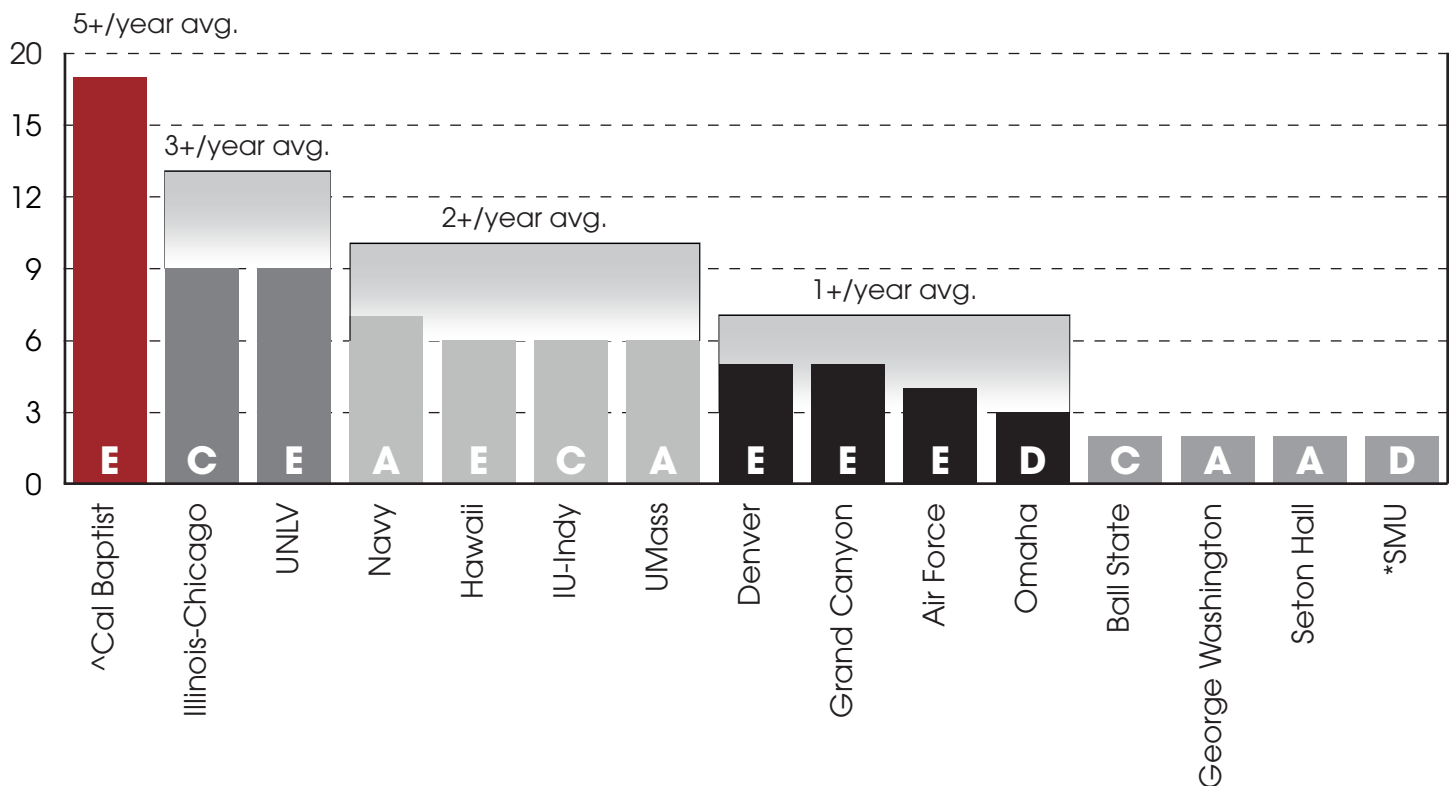
* Conference dropped sport sponsorship after 2024-25 season
^ Conference added sport sponsorship after 2023-24 season
Sponsorship shifted from MAC to MVC after 2023-24 season

DIVISION-I Mid-Major NCAA Zone Finalists 2024-2026

WOMEN'S PROGRAMS: Most NCAA Zone finals by school 2024-2026 (min 3)



MEN'S PROGRAMS: Most NCAA Zone finals by school 2024-2026 (min 3)



* Joined ACC after 2023-24 season, no longer considered a Mid-Major ^ Program dropped after 2025-26 season

WOMEN'S PROGRAMS

Program	Pct.	Titles/Possible		Conference
	100%	9	9	3 MPSF, 6 BigWest
	100%	6	6	6 Summit
	100%	6	6	2 NEC, 4 MAAC
	66.7%	6	9	5 WAC, 1 MPSF
	66.7%	6	9	6 ASun, 0 AAC

SCHOOL	%	T	P	Conference
Boston	66.7%	4	6	4 Patriot
Buffalo	66.7%	4	6	4 MAC
Connecticut	66.7%	4	6	4 Big East
Central Conn.	66.7%	4	6	4 NEC
Northeastern	66.7%	4	6	4 CAA
East Carolina	55.5%	5	9	5 AAC
San Diego State	55.5%	5	9	5 MtnWest
Geo. Washington	50.0%	3	6	3 A-10
Oakland	50.0%	3	6	3 Horizon
James Madison	44.4%	4	9	4 Sun Belt
Bryant	33.3%	2	6	2 AmEast
Fairfield	33.3%	2	6	2 MAAC
Indiana St.	33.3%	2	6	2 MVC
IU-Indy	33.3%	2	6	2 Horizon
UMBC	33.3%	2	6	2 AmEast
Navy	33.3%	2	6	2 Patriot
New Hampshire	33.3%	2	6	2 AmEast
No. Iowa	33.3%	2	6	2 MVC
St. Bonaventure	33.3%	2	6	2 A-10
Towson	33.3%	2	6	2 CAA
SMU*	33.3%	1	3	1 AAC

SCHOOL	%	T	P	Conference
Pepperdine	25.0%	2	8	2 MPSF
Ark.-Little Rock	25.0%	1	4	1 MVC
Idaho	22.2%	2	9	0 WAC, 2 MPSF
Marshall	22.2%	2	9	2 Sun Belt, 0 AAC
Nevada	22.2%	2	9	2 MtnWest
North Texas	22.2%	2	9	2 AAC
Ball State	16.7%	1	6	1 MAC
Bowling Green	16.7%	1	6	1 MAC
Cleveland St.	16.7%	1	6	1 Horizon
Davidson	16.7%	1	6	1 A-10
Illinois St.	16.7%	1	6	1 MVC
Seton Hall	16.7%	1	6	1 Big East
Villanova	16.7%	1	6	1 Big East
Delaware	14.3%	1	7	0 CAA, 1 ASun
Cal Baptist^	11.1%	1	9	1 WAC, 0 MPSF
FGCU	11.1%	1	9	1 ASun
Florida Int.	11.1%	1	9	1 AAC
Georgia So.	11.1%	1	9	0 Sun Belt, 1 ASun
UNLV	11.1%	1	9	1 MtnWest
Wyoming	11.1%	1	9	1 MtnWest

*Joined ACC after 2023-24 season, no longer considered a Mid-Major ^Program dropped after 2025-26 season

OVERVIEW Individual Conference Champions 2024-2026

MEN'S PROGRAMS					
Program		Pct.	Titles/Possible		Conference
 IUI		100%	6	6	6 Horizon
		100%	6	6	6 Patriot
[^] 		88.9%	8	9	5 WAC, 3 MPSF
		88.9%	8	9	3 MPSF, 5 Big West
		83.3%	5	6	5 Summit
		83.3%	5	6	2 MAC, 3 MVC
		83.3%	5	6	5 CAA

SCHOOL	%	T	P	Conference
Florida Atlantic	66.7%	6	9	6 ASun
UMass	66.7%	4	6	4 A-10, 0 MVC
Howard	66.7%	4	6	4 NEC
Rider	66.7%	4	6	4 MAAC
SMU*	66.7%	2	3	2 AAC
Bryant	50%	3	6	3 AmEast
Fairfield	33.3%	2	6	2 MAAC
Fordham	33.3%	2	6	2 A-10
Georgetown	33.3%	2	6	2 Big East
Le Moyne	33.3%	2	6	2 NEC
Seton Hall	33.3%	2	6	2 Big East

SCHOOL	%	T	P	Conference
UMBC	33.3%	2	6	2 AmEast
Villanova	33.3%	2	6	2 Big East
Incarnate Word	25.0%	2	8	2 MPSF
Ball State	16.7%	1	6	0 MAC, 1 MVC
Binghamton	16.7%	1	6	1 AmEast
Omaha	16.7%	1	6	1 Summit
Queens	16.7%	1	6	1 ASun
Towson	16.7%	1	6	1 CAA
Grand Canyon	11.1%	1	9	0 WAC, 1 Big West
UNLV	11.1%	1	9	1 WAC, 0 MPSF

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