

ONE METER DIVING TABLE

Dive No.		C	B	A	D
		Tuck	Pike	Str.	Free
FORWARD DIVES					
101	Forward Dive	1.2	1.3	1.4	-
102	Forward 1 SS	1.4	1.5	1.6	-
103	Forward 1½ SS	1.6	1.7	2.0	-
104	Forward 2 SS	2.2	2.3	-	-
105	Forward 2½ SS	2.4	2.6	-	-
106	Forward 3 SS	2.9	3.2	-	-
107	Forward 3½ SS	3.0	3.3	-	-
112	Forward Flying 1 SS	1.6	1.7	-	-
113	Forward Flying 1½ SS	1.8	1.9	-	-
BACK DIVES					
201	Back Dive	1.5	1.6	1.7	-
202	Back 1 SS	1.5	1.6	1.7	-
203	Back 1½ SS	2.0	2.3	2.5	-
204	Back 2 SS	2.0	2.3	-	-
205	Back 2½ SS	3.0	3.2	-	-
REVERSE DIVES					
301	Reverse Dive	1.6	1.7	1.8	-
302	Reverse 1 SS	1.6	1.7	1.8	-
303	Reverse 1½ SS	2.1	2.4	2.7	-
304	Reverse 2 SS	2.1	2.4	-	-
305	Reverse 2½ SS	3.0	3.2	-	-
INWARD DIVES					
401	Inward Dive	1.4	1.5	1.8	-
402	Inward 1 SS	1.6	1.7	-	-
403	Inward 1½ SS	2.2	2.4	-	-
404	Inward 2 SS	2.8	3.0	-	-
405	Inward 2½ SS	3.1	3.4	-	-
412	Inward Flying SS	2.0	2.1	-	-
413	Inward Flying 1½	2.7	2.9	-	-
TWIST DIVES					
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	-	1.9	2.0	-
5121	Forward 1 SS, ½ Twist	-	-	-	1.7
5122	Forward 1 SS, 1 Twist	-	-	-	1.9
5124	Forward 1 SS, 2 Twists	-	-	-	2.3
5126	Forward 1 SS, 3 Twists	-	-	-	2.8
5131	Forward 1½ SS, ½ Twist	-	-	-	2.0
5132	Forward 1½ SS, 1 Twist	-	-	-	2.2
5134	Forward 1½ SS, 2 Twists	-	-	-	2.6
5136	Forward 1½ SS, 3 Twists	-	-	-	3.1
5142	Forward 2 SS, 1 Twist	2.6	2.7	-	-
5152	Forward 2½ SS, 1 Twist	3.0	3.2	-	-
5211	Back Dive, ½ Twist	-	-	1.8	-
5212	Back Dive, 1 Twist	-	-	2.0	-
5221	Back 1 SS, ½ Twist	-	-	-	1.7
5222	Back 1 SS, 1 Twist	-	-	-	1.9
5223	Back 1 SS, 1½ Twist	-	-	-	2.3
5225	Back 1 SS, 2½ Twists	-	-	-	2.7
5227	Back 1 SS, 3½ Twists	-	-	-	3.2
5231	Back 1½ SS, ½ Twist	-	-	-	2.1
5233	Back 1½ SS, 1½ Twists	-	-	-	2.5
5235	Back 1½ SS, 2½ Twists	-	-	-	2.9
5251	Back 2½ SS, ½ Twist	2.7	2.9	-	-
5311	Reverse Dive, ½ Twist	-	-	1.9	-
5312	Reverse Dive, 1 Twist	-	-	2.1	-
5321	Reverse 1 SS, ½ Twist	-	-	-	1.8
5322	Reverse 1 SS, 1 Twist	-	-	-	2.0
5323	Reverse 1 SS, 1½ Twists	-	-	-	2.4
5325	Reverse 1 SS, 2½ Twists	-	-	-	2.8
5331	Reverse 1½ SS, ½ Twist	-	-	-	2.2
5333	Reverse 1½ SS, 1½ Twists	-	-	-	2.6
5335	Reverse 1½ SS, 2½ Twists	-	-	-	3.0
5351	Reverse 2½ SS, ½ Twist	2.7	2.9	-	-
5411	Inward Dive, ½ Twist	-	1.7	2.0	-
5412	Inward Dive, 1 Twist	-	1.9	2.2	-
5421	Inward 1 SS, ½ Twist	-	-	-	1.9
5422	Inward 1 SS, 1 Twist	-	-	-	2.1
5432	Inward 1½ SS, 1 Twist	-	-	-	2.7
5434	Inward 1½ SS, 2 Twists	-	-	-	3.1

DIVING SCORESHEET



Name _____

Club _____

Female _____ Male _____ 10&U _____ 11-13 _____ 14-17 _____

Dive Order	Dive Number	Dive Pos. (ABCD)	DIVE DESCRIPTION (FROM TABLE INCLUDE POSITION)	JUDGES' SCORES			Judges' Total	Deg of Diff	POINTS AWARDED
				1	2	3			
1									
2									
3									
4									
5									
Example	402	B	Inward 1 Somersault Pike						
TOTAL POINTS AWARDED									

Signed: _____

Diver _____

Coach _____

Referee _____