

ONE METER DIVING TABLE

Order of Dives	Dive No.	C = Tuck, B = Pike, A = Straight, D = Free				Order of Dives	Dive No.	C = Tuck, B = Pike, A = Straight, D = Free				
		C	B	A	D			C	B	A	D	
		<u>FORWARD DIVES</u>						<u>TWIST DIVES</u>				
	101	Forward Dive	1.2	1.3	1.4	-	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	-
	102	Forward Somersault	1.4	1.5	1.6	-	5112	Forward Dive, 1 Twist	-	1.9	2.0	-
	103	Forward 1 1/2 Somersault	1.6	1.7	2.0	-	5121	Forward Somersault, 1/2 Twist	-	-	-	1.7
	104	Forward Double Somersault	2.2	2.3	2.6	-	5122	Forward Somersault, 1 Twist	-	-	-	1.9
	105	Forward 2 1/2 Somersault	2.4	2.6	-	-	5124	Forward Somersault, 2 Twist	-	-	-	2.3
	106	Forward Triple Somersault	2.9	3.2	-	-	5126	Forward Somersault, 3 Twist	-	-	-	2.7
	107	Forward 3 1/2 Somersault	3.0	3.3	-	-	5131	Forward 1 1/2 SS, 1/2 Twist	-	-	-	2.0
	112	Forward Flying Somersault	1.6	1.7	-	-	5132	Forward 1 1/2 SS, 1 Twist	-	-	-	2.2
	113	Forward Flying 1 1/2 SS	1.8	1.9	-	-	5134	Forward 1 1/2 SS, 2 Twist	-	-	-	2.6
							5136	Forward 1 1/2 SS, 3 Twist	-	-	-	3.0
							5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2	-	-
		<u>BACK DIVES</u>										
	201	Back Dive	1.5	1.6	1.7	-	5211	Back Dive, 1/2 Twist	-	-	1.8	-
	202	Back Somersault	1.5	1.6	1.7	-	5212	Back Dive, 1 Twist	-	-	2.0	-
	203	Back 1 1/2 Somersault	2.0	2.3	2.5	-	5221	Back Somersault, 1/2 Twist	-	-	-	1.7
	204	Back Double Somersault	2.2	2.5	-	-	5222	Back Somersault, 1 Twist	-	-	-	1.9
	205	Back 2 1/2 Somersault	3.0	3.2	-	-	5223	Back Somersault, 1 1/2 Twists	-	-	-	2.3
	212	Flying Back Somersault	1.6	1.7	-	-	5225	Back Somersault, 2 1/2 Twists	-	-	-	2.7
							5227	Back 1 SS, 3 1/2 Twists				3.1
							5231	Back 1 1/2 SS, 1/2 Twist	-	-	-	2.1
							5233	Back 1 1/2 SS, 1 1/2 Twists	-	-	-	2.5
							5235	Back 1 1/2 SS, 2 1/2 Twists	-	-	-	2.9
							5251	Back 2 1/2 SS, 1/2 Twist	2.7	2.9	-	-
							5311*	Reverse Dive, 1/2 Twist	-	-	1.9	-
							5312	Reverse Dive, 1 Twist	-	-	2.1	-
							5321	Reverse SS, 1/2 Twist	-	-	-	1.8
							5322	Reverse SS, 1 Twist	-	-	-	2.0
							5323	Reverse SS, 1 1/2 Twists	-	-	-	2.4
							5325	Reverse SS, 2 1/2 Twists	-	-	-	2.8
							5331	Reverse 1 1/2 SS, 1/2 Twist	-	-	-	2.2
							5333	Reverse 1 1/2 SS, 1 1/2 Twists	-	-	-	2.6
							5335	Reverse 1 1/2 SS, 2 1/2 Twists	-	-	-	3.0
							5351	Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9	-	-
							5411*	Inward Dive, 1/2 Twist	-	1.7	2.0	-
							5412	Inward Dive, 1 Twist	-	1.9	2.2	-
							5421	Inward SS, 1/2 Twist	-	-	-	1.9
							5422	Inward SS, 1 Twist	-	-	-	2.1
							5432	Inward 1 1/2 SS, 1 Twist	-	-	-	2.7
							5434	Inward 1 1/2 SS, 2 Twists				3.1

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*May be used in place of 5111 as the required twist dive