

One Meter Diving Table

Updated Jan. 6, 2010

Order of Dives	Dive No.	C = Tuck, B= Pike, A = Straight, D = Free	C	B	A	D
		<u>FORWARD DIVES</u>				
	101	Forward Dive	1.2	1.3	1.4	-
	102	Forward Somersault	1.4	1.5	1.6	-
	103	Forward 1 1/2 Somersault	1.6	1.7	2.0	-
	104	Forward Double Somersault	2.2	2.3	2.6	-
	105	Forward 2 1/2 Somersault	2.4	2.6	-	-
	106	Forward Triple Somersault	2.9	3.2	-	-
	107	Forward 3 1/2 Somersault	3.0	3.3	-	-
	112	Forward Flying Somersault	1.6	1.7	-	-
	113	Forward Flying 1 1/2 SS	1.8	1.9	-	-
		<u>BACK DIVES</u>				
	201	Back Dive	1.5	1.6	1.7	-
	202	Back Somersault	1.5	1.6	1.7	-
	203	Back 1 1/2 Somersault	2.0	2.3	2.5	-
	204	Back Double Somersault	2.2	2.5	-	-
	205	Back 2 1/2 Somersault	3.0	3.2	-	-
	212	Flying Back Somersault	1.6	1.7	-	-
		<u>REVERSE DIVES</u>				
	301	Reverse Dive	1.6	1.7	1.8	-
	302	Reverse Somersault	1.6	1.7	1.8	-
	303	Reverse 1 1/2 Somersault	2.1	2.4	2.7	-
	304	Reverse Double Somersault	2.3	2.6	2.9	-
	305	Reverse 2 1/2 Somersault	3.0	3.2	-	-
	312	Flying Reverse Somersault	1.7	1.8	-	-
		<u>INWARD DIVES</u>				
	401	Inward Dive	1.4	1.5	1.8	-
	402	Inward Somersault	1.6	1.7	2.0	-
	403	Inward 1 1/2 Somersault	2.2	2.4	-	-
	404	Inward Double Somersault	2.8	3.0	-	-
	405	Inward 2 1/2 Somersault	3.1	3.4	-	-
	412	Flying Inward Somersault	2.0	2.1	-	-
	413	Flying Inward 1 1/2 Somersault	2.7	2.9	-	-

Order of Dives	Dive No.	C = Tuck, B= Pike, A = Straight, D = Free	C	B	A	D
		<u>TWIST DIVES</u>				
	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	-
	5112	Forward Dive, 1 Twist	-	1.9	2.0	-
	5121	Forward Somersault, 1/2 Twist	-	-	-	1.7
	5122	Forward Somersault, 1 Twist	-	-	-	1.9
	5124	Forward Somersault, 2 Twist	-	-	-	2.3
	5126	Forward Somersault, 3 Twist	-	-	-	2.7
	5131	Forward 1 1/2 SS, 1/2 Twist	-	-	-	2.0
	5132	Forward 1 1/2 SS, 1 Twist	-	-	-	2.2
	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	-	-
	5211	Back Dive, 1/2 Twist	-	-	1.8	-
	5212	Back Dive, 1 Twist	-	-	2.0	-
	5221	Back Somersault, 1/2 Twist	-	-	-	1.7
	5222	Back Somersault, 1 Twist	-	-	-	1.9
	5223	Back Somersault, 1 1/2 Twists	-	-	-	2.3
	5225	Back Somersault, 2 1/2 Twists	-	-	-	2.7
	5227	Back 1 SS, 3 1/2 Twist	-	-	-	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