

Diving Goals	Age 6, 7 & 8	10 & 11	12 & 13	14 & 15	16 - 18
One Meter	Grades 1-3	Grades 4 & 5	Grades 6 - 8	Grades 9 & 10	JR & SR
Forward	Dive & SS	1.5 SS	1.5 SS T, P	1.5P, 2T	2 T,P 2.5 T
Back	Dive LU &Tuck	Dive Pike	SS Pike, Str	SS Str, 1.5 T	1.5 T, P
Reverse			Dive, SS	SS, 1.5 SS	1.5 SS T, P
Inward	Dive Tuck	Dive Pike	SS Tuck	1.5 Tuck	1.5 P
Fwd Twist		Flip (SS) 1/2 tw	SS & 1tw	SS 1tw, 1.5 1tw	1.5 1tw, 2tw
Bk (or Rev) Tw		SS 1/2t	SS 1tw	1.5 1/2t	1.5 1/2t, 1.5t
	Age 6, 7 & 8	10 & 11	12 & 13	14 & 15	16 - 18
3 Meter	Grades 1-3	Grades 4 & 5	Grades 6 - 8	Grades 9 & 10	JR & SR
Forward	Line-Ups, TPS	Dive	SS, 1.5 SS	1.5 SS Pike	2.5 SS T or P
Back		Line-Ups, TPS	Dive, SS	SS, 1.5 Tuck	1.5 T or P
Reverse			Dive, SS	SS, 1.5 SS Tuck	1.5 SS T or P
Inward	Dive Tuck	Dive Pike	SS T, 1.5 T	1.5 T, P	1.5 T,P 2T
Fwd Twist	Jump 1/2 tw	SS 1/2t	SS 1t	SS 1tw, 1.5 1tw	1.5 1tw, 2t
Bk (or Rev) Tw	Jump 1/2 tw	SS 1/2t	SS 1t	1.5 .5tw	1.5 1/2t, 1.5t
5/1/12	SS= Somersault / Flip		LU = Line Up		