


LEVELS	1m ~ Minimum Dives Required to Request Advancement	LEVELS	3m ~ Minimum Dives Required to Request Advancement		
FC1-4	Your Diving Journey Begins ~ attain 20 of 50 skills and working on: 101, 102, 201, 202, 401	FC1-4	Your Diving Journey Begins ~ attain 20 of 50 skills and working on: 101, 102, 201, 202, 401		
FC5-6	FC4 plus ~ 30 of 50 skills and: 103, 5121, 5221, working 301	FC5-6	FC4 plus ~ 30 of 50 skills and: 103, 401, 5122, 5221 or 5321		
FC7-8	FC6 plus ~ 50 of 50 skills and: 104, 203, 301, 302, 402, 5122, 5223, and working 5231 and/or 5321	FC7-8	FC6 plus ~ 50 of 50 skills and: 301, 403, 5231 or 5331		
JO1	FC8 plus ~ working on 105, 204, 303, 304, 403, 404, 5132, 5132, 5331	JO1	FC8 plus ~ working on: 105, 203, 303, 5132, 5233 or 5333		
JO2	JO1 plus ~ transition from C to B position	JO2	JO1 plus ~ working on: 205, 305, 405, 5152, 5235, 5251, 5335, 5351, plus C to B transition		
JO3	JO2 plus ~ add dives with DD of 3.0 or higher	JO3	JO2 plus ~ add Dives with DD of 3.0 or higher		
Elite	JO3 plus ~ add dives with DD of 3.5 or higher	Elite	JO3 plus ~ add dives with DD of 3.5 or higher		
High School	Open to All (JV/V)	High School	Open to All (JV/V)		
Masters	Open to All	Masters	Open to All		
LEVELS	Tower/Platform ~ Minimum Dives Required to Request Advancement	<p>If you are not sure which group you qualify for, or belong in, please schedule a call: http://www.caldiving.org/contact-us.html</p> <p>A diver may be different "levels" on 1m, 3m, and Tower at the same time. For example, a diver could be JO2 on 1m, FC5 on 3m, and FC1 on Tower.</p>			
FC1-4	Your Diving Journey Begins ~ 5m working on 100, 200 and a successful 100 from each (7.5m and 10m)				
FC5-6	FC4 plus ~ working on: 20 of 40 skills	<p>A diver may be different "levels" on 1m, 3m, and Tower at the same time. For example, a diver could be JO2 on 1m, FC5 on 3m, and FC1 on Tower.</p>			
FC7-8	FC6 plus ~ working on: 40 of 40 skills, 101, 103, 401				
JO1	FC8 plus ~ working on: 105, 201, 203, 301, 302, 403, 5132, 5231, 612				
JO2	JO1 plus ~ working on: 303, 5134, 5233, 614, 622, 6122, 6221; plus C to B transition				
JO3	JO2 plus ~ add dives with DD of 3.0 or higher				
Elite	JO3 plus ~ add dives with DD of 3.5 or higher				
High School	Open to All (JV/V)				
Masters	Open to All				
				California Diving Academy (CDA): www.CALdiving.org/registration.html Amateur Athletic Union (AAU): www.DiveAAU.org United States Diving (USAD): www.USADiving.org DiveMeets ~ for competition (FREE): www.DiveMeets.com	How to Sign-Up for Diving Competitions: 1) Register with AAU 2) Register with CDC 3) Register with USAD 4) Register with DiveMeets (FREE)
Phone and Email: 510-859-3149 TeamPage@CALdiving.org					