ONE-METER DIVING TABLE

Dive Order	Dive#		C	B	A	D
		FORWARD DIVES				
	101	Forward Dive	1.2	1.3	1.4	
	102	Forward 1 SS	1.4	1.5	1.6	
	103	Forward 1 1/2 SS	1.6	1.7	2.0	
	104	Forward 2 SS	2.2	2.3	2.6	
	105	Forward 2 1/2 SS	2.4	2.6		
	106	Forward 3 SS	2.9	3.2		
	107	Forward 3 1/2 SS	3.0	3.3		
		BACK DIVES				
	201	Back Dive	1.5	1.6	1.7	
	202	Back 1 SS	1.5	1.6	1.7	
	203	Back 1 1/2 SS	2.0	2.3	2.5	
	204	Back 2 SS	2.2	2.5		
	205	Back 2 1/2 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 1 1/2 SS	2.1	2.4	2.7	
	304	Reverse 2 SS	2.3	2.6	2.9	
	305	Reverse 2 1/2 SS	3.0	3.2		
		INWARD DIVES				
	401	Inward Dive	1.4	1.5	1.8	
	402	Inward 1 SS	1.6	1.7	2.0	
	403	Inward 1 1/2 SS	2.2	2.4		
	404	Inward 2 SS	2.8	3.0		
	405	Inward 2 1/2 SS	3.1	3.4		
		TWIST DIVES				
	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	
	5112	Forward Dive, 1 Twist		1.9	2.0	
	5121	Forward 1 SS, 1/2 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 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 Twists				2.6
	5136	Forward 1 1/2 SS, 3 Twists				3.1
	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 1 SS, 1/2 Twist				1.7
	5222	Back 1 SS, 1 Twist				1.9
	5223	Back 1 SS, 1 1/2 Twists				2.3
	5225	Back 1 SS, 2 1/2 Twists				2.7
	5227	Back 1 SS, 3 1/2 Twists				3.2
	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 ½ SS, ½ Twist	2.7	2.9		
	5311	Reverse Dive, 1/2 Twist			1.9	
	5312	Reverse Dive, 1 Twist			2.1	
	5321	Reverse 1 SS, 1/2 Twist				1.8
	5322	Reverse 1 SS, 1 Twist				2.0
	5323	Reverse 1 SS, 1 1/2 Twists				2.4
	5325	Reverse 1 SS, 2 1/2 Twists				2.8
	5331	Reverse 1 1/2 SS, ½ 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 ½ SS, ½ Twist	2.7	2.9		
	5411	Inward Dive, 1/2 Twist		1.7	2.0	
	5412	Inward, 1 Twist		1.9	2.2	
	5421	Inward 1 SS, 1/2 Twist				1.9
	5422	Inward 1 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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6 DIVE SCORESHEET

DATE:

Order of Finish (of X):

Total Points Awarded:

Diving Order:

DIVER INFORMATION

DIVER'S NAME:		**GENDER (F/M):**	
SCHOOL:		**GRADE (9-12):**	
MEET NAME:		**DIVING LEVEL (JV/V):**	
LOCATION:			

Dive Positions: "C" = Tuck "B" = Pike "A" = Straight "D" = Free

Dive Order	Dive Number	Dive Description	Dive Pos. ABCD	JUDGES SCORES 1	2	3	4	5	Judges 3-Score Total	Dive DD	Total Score Per Dive
1											
2											
3											
4											
5											
6											

Example Listing: Dive #5222, Description: Back SS 1TW, Pos: "D", dd: 1.9

TOTAL SCORE:

Diver Signature: _____

Coach Signature: _____

Referee's Signature: _____ Phone: _____

NOTES FOR THE DAY: