

BASIC 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		
TWISTING 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 1/4 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 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, 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 1/4 SS, 1/2 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

INSTRUCTIONS: Write legibly Fill in ALL BOXES	Turn your completed form into the scoring table	HIGH SCHOOL 6 DIVE SCORESHEET	DATE:	
	Sign your sheet		Order of Finish (of X):	
	Your coach must sign			
DIVER INFORMATION				
DIVER'S NAME:		GENDER (F/M):		Total Points Awarded:
SCHOOL:		GRADE (9-12):		
MEET NAME:		DIVING LEVEL		
LOCATION:		WRITE (JV or V):		Diving Order:

Dive Positions: "C" = Tuck "B" = Pike "A" = Straight "D" = Free											
Dive Order	Dive Number	Dive Description	Dive Pos. ABCD	JUDGES SCORES					Judges 3-Score Total	Dive DD	Total Score Per Dive
				1	2	3	4	5			
1											
2											
3											
4											
5											
6											
Example Listing: Dive #5222, Description: Back SS 1TW, Pos: "D", dd: 1.9								TOTAL SCORE:			

Referee's Signature: _____ Phone: _____

NOTES FOR THE DAY:	
Scoresheet provided by The California Diving Academy ~ 510-859-3149 ~ www.CALdiving.org	

Diver Signature: _____

Coach Signature: _____