

C = Tuck; B = Pike

**One Meter Dive Table**

A = Straight; D = Free

| Dive # | FORWARD DIVES  | C=T | B=P | A=S | Dive # | TWIST DIVES                    | C=T | B=P | A=S | D=F |
|--------|--|-----|-----|-----|--------|--------------------------------|-----|-----|-----|-----|
| 101    | Forward Dive   | 1.2 | 1.3 | 1.4 | ^5111  | Forward Dive, 1/2 Twist        | 1.6 | 1.7 | 1.8 | --  |
| 102    | Forward 1 SS   | 1.4 | 1.5 | 1.6 | 5112   | Forward Dive, 1 Twist          | --  | 1.9 | 2.0 | --  |
| 103    | Forward 1 1/2 SS   | 1.6 | 1.7 | 2.0 | 5121   | Forward 1 SS, 1/2 Twist        | --  | --  | --  | 1.7 |
| 104    | Forward 2 SS   | 2.2 | 2.3 | 2.6 | 5122   | Forward 1 SS, 1 Twist          | --  | --  | --  | 1.9 |
| 105    | Forward 2 1/2 SS   | 2.4 | 2.6 | --  | 5124   | Forward 1 SS, 2 Twists         | --  | --  | --  | 2.3 |
| 106    | Forward 3 SS   | 2.9 | 3.2 | --  | 5126   | Forward 1 SS, 3 Twists         | --  | --  | --  | 2.8 |
| 107    | Forward 3 1/2 SS   | 3.0 | 3.3 | --  | 5131   | Forward 1 1/2 SS, 1/2 Twist    | --  | --  | --  | 2.0 |
| 112    | Forward Flying 1 SS  | 1.6 | 1.7 | --  | 5132   | Forward 1 1/2 SS, 1 Twist      | --  | --  | --  | 2.2 |
| 113    | Forward Flying 1 1/2 SS  | 1.8 | 1.9 | --  | 5134   | Forward 1 1/2 SS, 2 Twists     | --  | --  | --  | 2.6 |
|        |  |     |     |     | 5136   | Forward 1 1/2 SS, 3 Twists     | --  | --  | --  | 3.1 |
|        | <b>BACK DIVES</b>  |     |     |     | 5152   | Forward 2 1/2 SS, 1 Twist      | 3.0 | 3.2 | --  | --  |
| 201    | Back Dive  | 1.5 | 1.6 | 1.7 | 5211   | Back Dive, 1/2 Twist           | --  | --  | 1.8 | --  |
| 202    | Back 1 SS  | 1.5 | 1.6 | 1.7 | 5212   | Back Dive, 1 Twist             | --  | --  | 2.0 | --  |
| 203    | Back 1 1/2 SS  | 2.0 | 2.3 | 2.5 | 5221   | Back 1 SS, 1/2 Twist           | --  | --  | --  | 1.7 |
| 204    | Back 2 SS  | 2.2 | 2.5 | --  | 5222   | Back 1 SS, 1 Twist             | --  | --  | --  | 1.9 |
| 205    | Back 2 1/2 SS  | 3.0 | 3.2 | --  | 5223   | Back 1 SS, 1 1/2 Twists        | --  | --  | --  | 2.3 |
| 212    | Flying Back 1 SS   | 1.6 | 1.7 | --  | 5225   | Back 1 SS, 2 1/2 Twists        | --  | --  | --  | 2.7 |
|        |  |     |     |     | 5227   | Back 1 SS 3 1/2 Twists         | --  | --  | --  | 3.2 |
|        | <b>REVERSE DIVES</b>   |     |     |     | 5231   | Back 1 1/2 SS, 1/2 Twist       | --  | --  | --  | 2.1 |
| 301    | Reverse Dive   | 1.6 | 1.7 | 1.8 | 5233   | Back 1 1/2 SS, 1 1/2 Twists    | --  | --  | --  | 2.5 |
| 302    | Reverse 1 SS   | 1.6 | 1.7 | 1.8 | 5235   | Back 1 1/2 SS, 2 1/2 Twists    | --  | --  | --  | 2.9 |
| 303    | Reverse 1 1/2 SS   | 2.1 | 2.4 | 2.7 | 5251   | Back 2 1/2 SS, 1/2 Twist       | 2.7 | 2.9 | --  | --  |
| 304    | Reverse 2 SS   | 2.3 | 2.6 | 2.9 | 5311   | Reverse Dive, 1/2 Twist        | --  | --  | 1.9 | --  |
| 305    | Reverse 2 1/2 SS   | 3.0 | 3.2 | --  | 5312   | Reverse Dive, 1 Twist          | --  | --  | 2.1 | --  |
| 312    | Flying Reverse 1 1/2 SS  | 1.7 | 1.8 | --  | 5321   | Reverse 1 SS, 1/2 Twist        | --  | --  | --  | 1.8 |
|        |  |     |     |     | 5322   | Reverse 1 SS, 1 Twist          | --  | --  | --  | 2.0 |
|        | <b>INWARD DIVES</b>  |     |     |     | 5323   | Reverse 1 SS, 1 1/2 Twists     | --  | --  | --  | 2.4 |
| 401    | Inward Dive  | 1.4 | 1.5 | 1.8 | 5325   | Reverse 1 SS, 2 1/2 Twists     | --  | --  | --  | 2.8 |
| 402    | Inward 1 SS  | 1.6 | 1.7 | 2.0 | 5331   | Reverse 1 1/2 SS, 1/2 Twist    | --  | --  | --  | 2.2 |
| 403    | Inward 1 1/2 SS  | 2.2 | 2.4 | --  | 5333   | Reverse 1 1/2 SS, 1 1/2 Twists | --  | --  | --  | 2.6 |
| 404    | Inward 2 SS  | 2.8 | 3.0 | --  | 5335   | Reverse 1 1/2 SS, 2 1/2 Twists | --  | --  | --  | 3.0 |
| 405    | Inward 2 1/2 SS  | 3.1 | 3.4 | --  | 5351   | Reverse 2 1/2 SS, 1/2 Twist    | 2.7 | 2.9 | --  | --  |
| 412    | Inward Flying SS   | 2.0 | 2.1 | --  | ^5411  | Inward Dive, 1/2 Twist         | --  | 1.7 | 2.0 | --  |
| 413    | Inward Flying 1 1/2 SS   | 2.7 | 2.9 | --  | 5412   | Inward Dive, 1 Twist           | --  | 1.9 | 2.2 | --  |
|        |  |     |     |     | 5421   | Inward 1 SS, 1/2 Twist         | --  | --  | --  | 1.9 |
|        | <i>One required dive from 101 must be done first, then 3 optional dives.</i> |     |     |     | 5422   | Inward 1 SS, 1 Twist           | --  | --  | --  | 2.1 |
|        | <i>The 4 dives must come from 3 groups. 1 group may be repeated</i>          |     |     |     | 5432   | Inward 1 1/2 SS, 1 Twist       | --  | --  | --  | 2.7 |
|        | <i>^Pike shall be executed first</i>   |     |     |     | 5434   | Inward 1 1/2 SS, 2 Twists      | --  | --  | --  | 3.1 |