

Dive No.	C Tuck	B Pike	A Straight	D Free
<b>FORWARD DIVES</b>				
101 Forward Dive	1.2	1.3	1.4	--
102 Forward 1 SS	1.4	1.5	1.6	--
103 Forward 1½ SS	1.6	1.7	2.0	--
104 Forward 2 SS	2.2	2.3	--	--
105 Forward 2½ SS	2.4	2.6	--	--
106 Forward 3 SS	2.9	3.2	--	--
107 Forward 3½ SS	3.0	3.3	--	--
112 Forward Flying 1 SS	1.6	1.7	--	--
113 Forward Flying 1½ SS	1.8	1.9	--	--

Dive No.	C Tuck	B Pike	A Straight	D Free
<b>BACK DIVES</b>				
201 Back Dive	1.5	1.6	1.7	--
202 Back 1 SS	1.5	1.6	1.7	--
203 Back 1½ SS	2.0	2.3	2.5	--
204 Back 2 SS	2.0	2.3	--	--
205 Back 2½ SS	3.0	3.2	--	--

Dive No.	C Tuck	B Pike	A Straight	D Free
<b>REVERSE DIVES</b>				
301 Reverse Dive	1.6	1.7	1.8	--
302 Reverse 1 SS	1.6	1.7	1.8	--
303 Reverse 1½ SS	2.1	2.4	2.7	--
304 Reverse 2 SS	2.1	2.4	--	--
305 Reverse 2½ SS	3.0	3.2	--	--

Dive No.	C Tuck	B Pike	A Straight	D Free
<b>INWARD DIVES</b>				
401 Inward Dive	1.4	1.5	1.8	--
402 Inward 1 SS	1.6	1.7	--	--
403 Inward 1½ SS	2.2	2.4	--	--
404 Inward 2 SS	2.8	3.0	--	--
405 Inward 2½ SS	3.1	3.4	--	--
412 Inward Flying SS	2.0	2.1	--	--
413 Inward Flying 1½ SS	2.7	2.9	--	--

Dive No.	C Tuck	B Pike	A Straight	D Free
<b>TWIST DIVES</b>				
5111 Forward Dive, ½ Twist	1.6	1.7	1.8	--
5112 Forward Dive, 1 Twist	--	1.9	2.0	--
5121 Forward 1 SS, ½ 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 1½ SS, ½ Twist	--	--	--	2.0
5132 Forward 1½ SS, 1 Twist	--	--	--	2.2
5134 Forward 1½ SS, 2 Twists	--	--	--	2.6
5136 Forward 1½ SS, 3 Twists	--	--	--	3.1
5142 Forward 2 SS, 1 Twist	2.6	2.7	--	--
5152 Forward 2½ SS, 1 Twist	3.0	3.2	--	--
5211 Back Dive, ½ Twist	--	--	1.8	--
5212 Back Dive, 1 Twist	--	--	2.0	--
5221 Back 1 SS, ½ Twist	--	--	--	1.7
5222 Back 1 SS, 1 Twist	--	--	--	1.9
5223 Back 1 SS, 1½ Twists	--	--	--	2.3
5225 Back 1 SS, 2½ Twists	--	--	--	2.7
5227 Back 1 SS, 3½ Twists	--	--	--	3.2
5231 Back 1½ SS, ½ Twist	--	--	--	2.1
5233 Back 1½ SS, 1½ Twists	--	--	--	2.5
5235 Back 1½ SS, 2½ Twists	--	--	--	2.9
5251 Back 2½ SS, ½ Twist	2.7	2.9	--	--
5311 Reverse Dive, ½ Twist	--	--	1.9	--
5312 Reverse Dive, 1 Twist	--	--	2.1	--
5321 Reverse 1 SS, ½ Twist	--	--	--	1.8
5322 Reverse 1 SS, 1 Twist	--	--	--	2.0
5323 Reverse 1 SS, 1½ Twists	--	--	--	2.4
5325 Reverse 1 SS, 2½ Twists	--	--	--	2.8
5331 Reverse 1½ SS, ½ Twist	--	--	--	2.2
5333 Reverse 1½ SS, 1½ Twists	--	--	--	2.6
5335 Reverse 1½ SS, 2½ Twists	--	--	--	3.0
5351 Reverse 2½ SS, ½ Twist	2.7	2.9	--	--
5411 Inward Dive, ½ Twist	--	1.7	2.0	--
5412 Inward Dive, 1 Twist	--	1.9	2.2	--
5421 Inward 1 SS, ½ Twist	--	--	--	1.9
5422 Inward 1 SS, 1 Twist	--	--	--	2.1
5432 Inward 1½ SS, 1 Twist	--	--	--	2.7
5434 Inward 1½ SS, 2 Twists	--	--	--	3.1