

2020-21 ONE METER DIVING TABLE

Dive No.	T/C	P/B	S/A	F/D
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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		
112 Forward Flying 1 SS	1.6	1.7		
113 Forward Flying 1 1/2 SS	1.8	1.9		

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	2.0	2.3		
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	2.1	2.4	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		
412 Inward Flying 1 SS	2.0	2.1		
413 Inward Flying 1 1/2 SS	2.7	2.9		

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TWIST DIVES

5111 Fwd Dive, 1/2 Twist	1.6	1.7	1.8	
5112 Fwd Dive, 1 Twist		1.9	2.0	
5121 Fwd 1 SS, 1/2 Twist				1.7
5122 Fwd 1 SS, 1 Twist				1.9
5124 Fwd 1 SS, 2 Twists				2.3
5126 Fwd 1 SS, 3 Twists				2.8
5131 Fwd 1 1/2 SS, 1/2 Twist				2.0
5132 Fwd 1 1/2 SS, 1 Twist				2.2
5134 Fwd 1 1/2 SS, 2 Twists				2.6
5136 Fwd 1 1/2 SS, 3 Twists				3.1
5142 Fwd 2 SS, 1 Twist	2.6	2.7		
5152 Fwd 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 1/2 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 1/2 SS, 1/2 Twist	2.7	2.9		
5411 Inward Dive, 1/2 Twist		1.7	2.0	
5412 Inward Dive, 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