

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	1.7
104 Forward 2 SS	2.2	2.3	2.6	1.9
105 Forward 2½ SS	2.4	2.6	—	2.3
106 Forward 3 SS	2.9	3.2	—	2.8
107 Forward 3½ SS	3.0	3.3	—	2.0
111 Forward Flying 1 SS	1.6	1.7	—	2.2
112 Forward Flying 1½ SS	1.8	1.9	—	2.6
<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	—	1.7
205 Back 2½ SS	3.0	3.2	—	1.9
<b>REVERSE DIVES</b>				
301 Reverse Dive	1.6	1.7	1.8	2.3
302 Reverse 1 SS	1.6	1.7	1.8	2.7
303 Reverse 1½ SS	2.1	2.4	2.7	3.2
304 Reverse 2 SS	2.1	2.4	2.9	2.1
305 Reverse 2½ SS	3.0	3.2	—	2.5
<b>INWARD DIVES</b>				
401 Inward Dive	1.4	1.5	1.8	2.9
402 Inward 1 SS	1.6	1.7	2.0	—
403 Inward 1½ SS	2.2	2.4	—	1.8
404 Inward 2 SS	2.8	3.0	—	2.0
405 Inward 2½ SS	3.1	3.4	—	2.4
412 Inward Flying 1 SS	2.0	2.1	—	2.8
413 Inward Flying 1½ SS	2.7	2.9	—	2.2
<b>TWIST DIVES</b>				
5111 Forward Dive, ¼ Twist	1.6	1.7	1.8	3.0
5112 Forward Dive, 1 Twist	—	1.9	2.0	—
5121 Forward 1 SS, ¼ Twist	—	—	—	—
5122 Forward 1 SS, 1 Twist	—	—	—	—
5124 Forward 1 SS, 2 Twists	—	—	—	—
5126 Forward 1 SS, 3 Twists	—	—	—	—
5131 Forward 1½ SS, ¼ Twist	—	—	—	—
5132 Forward 1½ SS, 1 Twist	—	—	—	—
5134 Forward 1½ SS, 2 Twists	—	—	—	—
5136 Forward 1½ SS, 3 Twists	—	—	—	—
5142 Forward 2 SS, 1 Twist	2.6	2.7	—	—
5152 Forward 2½ SS, 1 Twist	3.0	3.2	—	—
5211 Back Dive, ¼ Twist	—	—	1.8	—
5212 Back Dive, 1 Twist	—	—	2.0	—
5221 Back 1 SS, ¼ Twist	—	—	—	—
5222 Back 1 SS, 1 Twist	—	—	—	1.7
5223 Back 1 SS, 1½ Twists	—	—	—	1.9
5225 Back 1 SS, 2½ Twists	—	—	—	2.3
5227 Back 1 SS, 3½ Twists	—	—	—	2.7
5231 Back 1½ SS, ¼ Twist	—	—	—	3.2
5233 Back 1½ SS, 1½ Twists	—	—	—	2.1
5235 Back 1½ SS, 2½ Twists	—	—	—	2.5
5251 Back 2½ SS, ¼ Twist	2.7	2.9	—	2.9
5311 Reverse Dive, ¼ Twist	—	—	1.9	—
5312 Reverse Dive, 1 Twist	—	—	2.1	—
5321 Reverse 1 SS, ¼ 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, ¼ Twist	—	—	—	2.2
5335 Reverse 1½ SS, 1½ Twists	—	—	—	2.6
5351 Reverse 2½ SS, ½ Twists	2.7	2.9	—	3.0
5411 Inward Dive, ¼ Twist	—	1.7	2.0	—
5412 Inward Dive, 1 Twist	—	1.9	2.2	—
5421 Inward 1 SS, ¼ 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