

Dive No.

C Tuck B Pike A Straight D Free

FORWARD DIVES

101 Forward Dive..... 1.2
 102 Forward 1 SS..... 1.4
 103 Forward 1 1/2 SS..... 1.6
 104 Forward 2 SS..... 2.2
 105 Forward 2 1/2 SS..... 2.4
 106 Forward 3 SS..... 2.9
 107 Forward 3 1/2 SS..... 3.0
 112 Forward Flying 1 SS..... 1.6
 113 Forward Flying 1 1/2 SS..... 1.8

BACK DIVES

201 Back Dive..... 1.5
 202 Back 1 SS..... 1.5
 203 Back 1 1/2 SS..... 2.0
 204 Back 2 SS..... 2.2
 205 Back 2 1/2 SS..... 3.0
 212 Flying Back 1 SS..... 1.6

REVERSE DIVES

301 Reverse Dive..... 1.6
 302 Reverse 1 SS..... 1.6
 303 Reverse 1 1/2 SS..... 2.1
 304 Reverse 2 SS..... 2.3
 305 Reverse 2 1/2 SS..... 3.0
 312 Flying Reverse SS..... 1.7

INWARD DIVES

401 Inward Dive..... 1.4
 402 Inward 1 SS..... 1.6
 403 Inward 1 1/2 SS..... 2.2
 404 Inward 2 SS..... 2.8
 405 Inward 2 1/2 SS..... 3.1
 412 Inward Flying SS..... 2.0
 413 Inward Flying 1 1/2..... 2.7

Dive No.

C Tuck B Pike A Straight D Free

TWIST DIVES

5111 Forward Dive, 1/2 Twist..... 1.6
 5112 Forward Dive, 1 Twist..... 1.7
 5121 Forward 1 SS, 1/2 Twist..... 1.9
 5122 Forward 1 SS, 1 Twist..... 2.0
 5124 Forward 1 SS, 2 Twists..... 1.9
 5126 Forward 1 SS, 3 Twists..... 2.3
 5131 Forward 1 1/2 SS, 1/2 Twist..... 2.7
 5132 Forward 1 1/2 SS, 1 Twist..... 2.0
 5134 Forward 1 1/2 SS, 2 Twists..... 2.2
 5136 Forward 1 1/2 SS, 3 Twists..... 2.6
 5152 Forward 2 1/2 SS, 1 Twist..... 3.0
 5211 Back Dive, 1/2 Twist..... 3.2
 5212 Back Dive, 1 Twist..... 1.8
 5221 Back 1 SS, 1/2 Twist..... 2.0
 5222 Back 1 SS, 1 Twist..... 1.7
 5223 Back 1 SS, 1 1/2 Twists..... 1.9
 5225 Back 1 SS, 2 1/2 Twists..... 2.3
 5227 Back 1 SS, 3 1/2 Twists..... 2.7
 5231 Back 1 1/2 SS, 1/2 Twist..... 3.1
 5233 Back 1 1/2 SS, 1 1/2 Twists..... 2.1
 5235 Back 1 1/2 SS, 2 1/2 Twists..... 2.5
 5251 Back 2 1/2 SS, 1/2 Twist..... 2.9
 5311 Reverse Dive, 1/2 Twist..... 2.7
 5312 Reverse Dive, 1 Twist..... 2.9
 5321 Reverse 1 SS, 1/2 Twist..... 1.9
 5322 Reverse 1 SS, 1 Twist..... 2.1
 5323 Reverse 1 SS, 1 1/2 Twists..... 1.8
 5325 Reverse 1 SS, 2 1/2 Twists..... 2.0
 5331 Reverse 1 1/2 SS, 1/2 Twists..... 2.4
 5333 Reverse 1 1/2 SS, 1 1/2 Twists..... 2.8
 5335 Reverse 1 1/2 SS, 2 1/2 Twists..... 2.2
 5351 Reverse 2 1/2 SS, 1/2 Twists..... 2.6
 5411 Inward Dive, 1/2 Twist..... 3.0
 5412 Inward Dive, 1 Twist..... 2.7
 5421 Inward 1 SS, 1/2 Twist..... 2.9
 5422 Inward 1 SS, 1 Twist..... 1.7
 5432 Inward 1 1/2 SS, 1 Twist..... 1.9
 5434 Inward 1 1/2 SS, 2 Twists..... 2.0
 2.2
 1.9
 2.1
 2.7
 3.1