

ONE-METER DIVING TABLE

Dive Order	Dive No.	FORWARD DIVES	T/C	P/B	S/A	F/D
_____	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		
_____	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 1SS	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		
_____	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		
_____	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 SS	2.0	2.1		
_____	413	Inward Flying 1/2	2.7	2.9		
TWIST DIVES						
_____	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	
_____	5112	Forward Dive, 1 Twist		1.9	2.0	
_____	5121	Forward 1 SS, 1/2 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 1 1/2 SS, 1/2 Twist			2.0	
_____	5132	Forward 1 1/2 SS, 1 Twist			2.2	
_____	5134	Forward 1 1/2 SS, 2 Twists			2.6	
_____	5136	Forward 1 1/2 SS, 3 Twists			3.1	
_____	5142	Forward 2 SS, 1 Twist	2.6	2.7		
_____	5152	Forward 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, 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

CENTRAL LEAGUE DIVING CHAMPIONSHIPS ENTRY FORM

DIVER NAME		FEMALE	MALE	DIVER SIGNATURE	
SCHOOL / AFFILIATION				COACH SIGNATURE	
DATE			REFEREE SIGNATURE		

DIVING ORDER
ORDER OF FINISH
TOTAL SCORE

T/C = Tuck P/B = Pike S/A = Straight F/D = Free

PRELIMS (Dives 1, 2, 3, 4, 5 -- 2 Voluntary & 3 Optional)

DIVE ORDER	DIVE #	DIVE POS.	DIVE DESCRIPTION	JUDGES SCORES							JUDGES TOTAL	DD	POINTS AWARDED						
				1	2	3	4	5	6	7									
1																			
2																			
3																			
4																			
5																			

SEMIFINALS (Dives 6, 7, 8 -- 2 Voluntary & 1 Optional)

6																			
7																			
8																			

FINALS (Dives 9, 10, 11 -- 1 Voluntary & 2 Optional)

9																			
10																			
11																			

TOTAL DD. VOLUNTARY DIVES: _____

TOTAL POINTS AWARDED

TOTAL DD. OPTIONAL DIVES: _____

