

Dive No.	C Tuck	B Pike	A Straight	D Free	Dive No.	C Tuck	B Pike	A Straight	D Free
FORWARD DIVES					TWIST DIVES				
101 Forward Dive	1.2	1.3	1.4	—	5111 Forward Dive, 1/2 Twist	1.6	1.7	1.8	—
102 Forward 1 SS	1.4	1.5	1.6	—	5112 Forward Dive, 1 Twist	—	1.9	2.0	—
103 Forward 1 1/2 SS	1.6	1.7	2.0	—	5121 Forward 1 SS, 1/2 Twist	—	—	—	1.7
104 Forward 2 SS	2.2	2.3	2.6	—	5122 Forward 1 SS, 1 Twist	—	—	—	1.9
105 Forward 2 1/2 SS	2.4	2.6	—	—	5124 Forward 1 SS, 2 Twists	—	—	—	2.3
106 Forward 3 SS	2.9	3.2	—	—	5126 Forward 1 SS, 3 Twists	—	—	—	2.7
107 Forward 3 1/2 SS	3.0	3.3	—	—	5131 Forward 1 1/2 SS, 1/2 Twist	—	—	—	2.0
112 Forward Flying 1 SS	1.6	1.7	—	—	5132 Forward 1 1/2 SS, 1 Twist	—	—	—	2.2
113 Forward Flying 1 1/2 SS	1.8	1.9	—	—	5134 Forward 1 1/2 SS, 2 Twists	—	—	—	2.6
BACK DIVES					5136 Forward 1 1/2 SS, 3 Twists	—	—	—	3.0
201 Back Dive	1.5	1.6	1.7	—	5152 Forward 2 1/2 SS, 1 Twist	3.0	3.2	—	—
202 Back 1 SS	1.5	1.6	1.7	—	5211 Back Dive, 1/2 Twist	—	—	1.8	—
203 Back 1 1/2 SS	2.0	2.3	2.5	—	5212 Back Dive, 1 Twist	—	—	2.0	—
204 Back 2 SS	2.2	2.5	—	—	5221 Back 1 SS, 1/2 Twist	—	—	—	1.7
205 Back 2 1/2 SS	3.0	3.2	—	—	5222 Back 1 SS, 1 Twist	—	—	—	1.9
212 Flying Back 1 SS	1.6	1.7	—	—	5223 Back 1 SS, 1 1/2 Twists	—	—	—	2.3
REVERSE DIVES					5225 Back 1 SS, 2 1/2 Twists	—	—	—	2.7
301 Reverse Dive	1.6	1.7	1.8	—	5231 Back 1 1/2 SS, 1/2 Twist	—	—	—	2.1
302 Reverse 1 SS	1.6	1.7	1.8	—	5233 Back 1 1/2 SS, 1 1/2 Twists	—	—	—	2.5
303 Reverse 1 1/2 SS	2.1	2.4	2.7	—	5235 Back 1 1/2 SS, 2 1/2 Twists	—	—	—	2.9
304 Reverse 2 SS	2.3	2.6	2.9	—	5251 Back 2 1/2 SS, 1/2 Twist	2.7	2.9	—	—
305 Reverse 2 1/2 SS	3.0	3.2	—	—	5311 Reverse Dive, 1/2 Twist	—	—	1.9	—
312 Flying Reverse SS	1.7	1.8	—	—	5312 Reverse Dive, 1 Twist	—	—	2.1	—
INWARD DIVES					5321 Reverse 1 SS, 1/2 Twist	—	—	—	1.8
401 Inward Dive	1.4	1.5	1.8	—	5322 Reverse 1 SS, 1 Twist	—	—	—	2.0
402 Inward 1 SS	1.6	1.7	2.0	—	5323 Reverse 1 SS, 1 1/2 Twists	—	—	—	2.4
403 Inward 1 1/2 SS	2.2	2.4	—	—	5325 Reverse 1 SS, 2 1/2 Twists	—	—	—	2.8
404 Inward 2 SS	2.8	3.0	—	—	5331 Reverse 1 1/2 SS, 1/2 Twist	—	—	—	2.2
405 Inward 2 1/2 SS	3.1	3.4	—	—	5333 Reverse 1 1/2 SS, 1 1/2 Twists	—	—	—	2.6
412 Inward Flying SS	2.0	2.1	—	—	5335 Reverse 1 1/2 SS, 2 1/2 Twists	—	—	—	3.0
413 Inward Flying 1 1/2	2.7	2.9	—	—	5351 Reverse 2 1/2 SS, 1/2 Twists	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