

Dive No.	C Tuck	B Pike	A Straight	D Free	Dive No.	C Tuck	B Pike	A Straight	D Free
FORWARD 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									
201 Back Dive	1.5	1.6	1.7	—	5136 Forward 1 1/2 SS, 3 Twists	—	—	—	3.0
202 Back 1 SS	1.5	1.6	1.7	—	5152 Forward 2 1/2 SS, 1 Twist	3.0	3.2	—	—
203 Back 1 1/2 SS	2.0	2.3	2.5	—	5211 Back Dive, 1/2 Twist	—	—	1.8	—
204 Back 2 SS	2.2	2.5	—	—	5212 Back Dive, 1 Twist	—	—	2.0	—
205 Back 2 1/2 SS	3.0	3.2	—	—	5221 Back 1 SS, 1/2 Twist	—	—	—	1.7
212 Flying Back 1 SS	1.6	1.7	—	—	5222 Back 1 SS, 1 Twist	—	—	—	1.9
REVERSE DIVES									
301 Reverse Dive	1.6	1.7	1.8	—	5223 Back 1 SS, 1 1/2 Twists	—	—	—	2.3
302 Reverse 1 SS	1.6	1.7	1.8	—	5225 Back 1 SS, 2 1/2 Twists	—	—	—	2.7
303 Reverse 1 1/2 SS	2.1	2.4	2.7	—	5227 Back 1 SS, 3 1/2 Twists	—	—	—	3.1
304 Reverse 2 SS	2.3	2.6	2.9	—	5231 Back 1 1/2 SS, 1/2 Twist	—	—	—	2.1
305 Reverse 2 1/2 SS	3.0	3.2	—	—	5233 Back 1 1/2 SS, 1 1/2 Twists	—	—	—	2.5
312 Flying Reverse SS	1.7	1.8	—	—	5235 Back 1 1/2 SS, 2 1/2 Twists	—	—	—	2.9
INWARD DIVES									
401 Inward Dive	1.4	1.5	1.8	—	5251 Back 2 1/2 SS, 1/2 Twist	2.7	2.9	—	—
402 Inward 1 SS	1.6	1.7	2.0	—	5311 Reverse Dive, 1/2 Twist	—	—	1.9	—
403 Inward 1 1/2 SS	2.2	2.4	—	—	5312 Reverse Dive, 1 Twist	—	—	2.1	—
404 Inward 2 SS	2.8	3.0	—	—	5321 Reverse 1 SS, 1/2 Twist	—	—	—	1.8
405 Inward 2 1/2 SS	3.1	3.4	—	—	5322 Reverse 1 SS, 1 Twist	—	—	—	2.0
412 Inward Flying SS	2.0	2.1	—	—	5323 Reverse 1 SS, 1 1/2 Twists	—	—	—	2.4
413 Inward Flying 1 1/2	2.7	2.9	—	—	5325 Reverse 1 SS, 2 1/2 Twists	—	—	—	2.8
TWIST DIVES									
5111 Forward Dive, 1/2 Twist	1.6	1.7	1.8	—	5331 Reverse 1 1/2 SS, 1/2 Twist	—	—	—	2.2
5112 Forward Dive, 1 Twist	—	1.9	2.0	—	5333 Reverse 1 1/2 SS, 1 1/2 Twists	—	—	—	2.6
5121 Forward 1 SS, 1/2 Twist	—	—	—	1.7	5335 Reverse 1 1/2 SS, 2 1/2 Twists	—	—	—	3.0
5122 Forward 1 SS, 1 Twist	—	—	—	1.9	5351 Reverse 2 1/2 SS, 1/2 Twists	2.7	2.9	—	—
5124 Forward 1 SS, 2 Twists	—	—	—	2.3	5411 Inward Dive, 1/2 Twist	—	1.7	2.0	—
5126 Forward 1 SS, 3 Twists	—	—	—	2.7	5412 Inward Dive, 1 Twist	—	1.9	2.2	—
5131 Forward 1 1/2 SS, 1/2 Twist	—	—	—	2.0	5421 Inward 1 SS, 1/2 Twist	—	—	—	1.9
5132 Forward 1 1/2 SS, 1 Twist	—	—	—	2.2	5422 Inward 1 SS, 1 Twist	—	—	—	2.1
5134 Forward 1 1/2 SS, 2 Twists	—	—	—	2.6	5432 Inward 1 1/2 SS, 1 Twist	—	—	—	2.7
5136 Forward 1 1/2 SS, 3 Twists	—	—	—	3.0	5434 Inward 1 1/2 SS, 2 Twists	—	—	—	3.1
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	—	—	—	3.1					
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 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					