

ONE-METER DIVING TABLE

Dive No.		T/C	P/B	S/A	F/D
FORWARD DIVES					
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	2.6	
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	2.2	2.5		
205	Back 2 1/2 SS	3.0	3.2		
212	Flying Back 1 SS	1.6	1.7		
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	2.3	2.6	2.9	
305	Reverse 2 1/2 SS	3.0	3.2		
312	Flying Reverse SS	1.7	1.8		
INWARD DIVES					
401	Inward Dive	1.4	1.5	1.8	
402	Inward 1 SS	1.6	1.7	2.0	
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		

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Dive No.		T/C	P/B	S/A	F/D
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				2.7
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				3.0
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 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