

## 2011-2012 ONE METER DIVING TABLE

Dive No.	T/C	P/B	S/A	F/D
<b>FORWARD DIVES</b>				
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 1 SS	1.6	1.7	—	—
113 Forward Flying 1 1/2 SS	1.8	1.9	—	—

<b>BACK DIVES</b>				
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	—	—

<b>REVERSE DIVES</b>				
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	—	—

<b>INWARD DIVES</b>				
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 1/2	2.7	2.9	—	—

Dive No.	T/C	P/B	S/A	F/D
<b>TWIST DIVES</b>				
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
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 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