

# ONE METER DIVING TABLE

Dive No.	C	B	A	D	
	Tuck	Pike	Str.	Free	
<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 1½ SS	1.6	1.7	2.0	-
104	Forward 2 SS	2.2	2.3	2.6	-
105	Forward 2½ SS	2.4	2.6	-	-
106	Forward 3 SS	2.9	3.2	-	-
107	Forward 3½ SS	3.0	3.3	-	-
112	Forward Flying 1 SS	1.6	1.7	-	-
113	Forward Flying 1½ 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 1½ SS	2.0	2.3	2.5	-
204	Back 2 SS	2.0	2.3	-	-
205	Back 2½ SS	3.0	3.2	-	-
<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 1½ SS	2.1	2.4	2.7	-
304	Reverse 2 SS	2.1	2.4	-	-
305	Reverse 2½ SS	3.0	3.2	-	-
<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 1½ SS	2.2	2.4	-	-
404	Inward 2 SS	2.8	3.0	-	-
405	Inward 2½ SS	3.1	3.4	-	-
412	Inward Flying SS	2.0	2.1	-	-
413	Inward Flying 1½	2.7	2.9	-	-
<b>TWIST DIVES</b>					
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	-	1.9	2.0	-
5121	Forward 1 SS, ½ 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 1½ SS, ½ Twist	-	-	2.0	-
5132	Forward 1½ SS, 1 Twist	-	-	2.2	-
5134	Forward 1½ SS, 2 Twists	-	-	2.6	-
5136	Forward 1½ SS, 3 Twists	-	-	3.1	-
5142	Forward 2 SS, 1 Twist	2.6	2.7	-	-
5152	Forward 2½ SS, 1 Twist	3.0	3.2	-	-
5211	Back Dive, ½ Twist	-	-	1.8	-
5212	Back Dive, 1 Twist	-	-	2.0	-
5221	Back 1 SS, ½ Twist	-	-	1.7	-
5222	Back 1 SS, 1 Twist	-	-	1.9	-
5223	Back 1 SS, 1½ Twist	-	-	2.3	-
5225	Back 1 SS, 2½ Twists	-	-	2.7	-
5227	Back 1 SS, 3½ Twists	-	-	3.2	-
5231	Back 1½ SS, ½ Twist	-	-	2.1	-
5233	Back 1½ SS, 1½ Twists	-	-	2.5	-
5235	Back 1½ SS, 2½ Twists	-	-	2.9	-
5251	Back 2½ SS, ½ Twist	2.7	2.9	-	-
5311	Reverse Dive, ½ Twist	-	-	1.9	-
5312	Reverse Dive, 1 Twist	-	-	2.1	-
5321	Reverse 1 SS, ½ Twist	-	-	1.8	-
5322	Reverse 1 SS, 1 Twist	-	-	2.0	-
5323	Reverse 1 SS, 1½ Twists	-	-	2.4	-
5325	Reverse 1 SS, 2½ Twists	-	-	2.8	-
5331	Reverse 1½ SS, ½ Twist	-	-	2.2	-
5333	Reverse 1½ SS, 1½ Twists	-	-	2.6	-
5335	Reverse 1½ SS, 2½ Twists	-	-	3.0	-
5351	Reverse 2½ SS, ½ Twist	2.7	2.9	-	-
5411	Inward Dive, ½ Twist	-	1.7	2.0	-
5412	Inward Dive, 1 Twist	-	1.9	2.2	-
5421	Inward 1 SS, ½ Twist	-	-	1.9	-
5422	Inward 1 SS, 1 Twist	-	-	2.1	-
5432	Inward 1½ SS, 1 Twist	-	-	2.7	-
5434	Inward 1½ SS, 2 Twists	-	-	3.1	-

# WPIAL DIVING SCORESHEET 2020-2021



ORDER OF FINISH	
TOTAL POINTS AWARDED	
Diving Order	

Name \_\_\_\_\_ School \_\_\_\_\_

Meet \_\_\_\_\_ Site \_\_\_\_\_ Date \_\_\_\_\_

Grade \_\_\_\_\_ AAA \_\_\_\_\_ AA \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

## PRELIMS (Dives 1-5: 2 Vol. & 3 Opt.)

Dive Order	Dive Number	Dive Pos. (ABCD)	DIVE DESCRIPTION (FROM TABLE INCLUDE POSITION)	JUDGES' SCORES							Judges' Total	Deg of Diff	POINTS AWARDED						
				1	2	3	4	5	6	7									
1																			
2																			
3																			
4																			
5																			
Example	402	B	Inward 1 Somersault Pike																

## SEMI FINALS (DIVES 6, 7, 8: 2 VOL. & 1 OPT.)

6																			
7																			
8																			

## FINALS (DIVES 9, 10, 11: 1 VOL. & 2 OPT.)

9																			
10																			
11																			

**TOTAL POINTS AWARDED**

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CHAMPIONSHIP & OTHER 11-DIVE MEETS:  
List dives in each section as per instructions

All voluntary dives will carry the dd assigned in the table.

In championship meets, the competition shall consist of five voluntary dives and six optional dives.

- The five voluntary dives shall come from each of the five groups, with their assigned dd and have a sum total of 9.0 or less.

- The six optional dives shall include at least one chosen from each of the five groups.

No more than one optional dive from the same group is permitted through semi-finals.

- All five groups must be represented in the first eight rounds.

Mark dive number with a "V"  
to indicate voluntary dive (V 101)

Signatures:

Diver \_\_\_\_\_

Coach \_\_\_\_\_

Referee \_\_\_\_\_