



ONE METER DIVING TABLE

Dive Order	Dive No.	T/C	P/B	S/A	F/D
FORWARD DIVES					
101	Forward Dive	<u>1.2</u>	<u>1.3</u>	<u>1.4</u>	
102	Forward 1 SS	<u>1.4</u>	<u>1.5</u>	<u>1.6</u>	
103	Forward 1 ½ SS	<u>1.6</u>	<u>1.7</u>	1.6	
104	Forward 2 SS	<u>2.2</u>	<u>2.3</u>	2.0	
105	Forward 2 ½ SS	<u>2.4</u>	<u>2.6</u>	2.6	
106	Forward 3 SS	<u>2.9</u>	3.2		
107	Forward 3 ½ SS	<u>3.0</u>	3.3		
112	Forward Flying 1 SS	1.6	1.7		
113	Forward Flying 1 ½ SS	1.8	1.9		
BACK DIVES					
201	Back Dive	<u>1.5</u>	<u>1.6</u>	<u>1.7</u>	
202	Back 1 SS	<u>1.5</u>	<u>1.6</u>	<u>1.7</u>	
203	Back 1 ½ SS	<u>2.0</u>	<u>2.3</u>	2.5	
204	Back 2 SS	<u>2.0</u>	<u>2.3</u>		
205	Back 2 ½ SS	<u>3.0</u>	3.2		
REVERSE DIVES					
301	Reverse Dive	<u>1.6</u>	<u>1.7</u>	<u>1.8</u>	
302	Reverse 1 SS	<u>1.6</u>	<u>1.7</u>	<u>1.8</u>	
303	Reverse 1 ½ SS	<u>2.1</u>	<u>2.4</u>	2.7	
304	Reverse 2 SS	<u>2.1</u>	<u>2.4</u>	2.9	
305	Reverse 2 ½ SS	<u>3.0</u>	3.2		
INWARD DIVES					
401	Inward Dive	<u>1.4</u>	<u>1.5</u>	<u>1.8</u>	
402	Inward 1 SS	<u>1.6</u>	<u>1.7</u>	2.0	
403	Inward 1 ½ SS	<u>2.2</u>	<u>2.4</u>		
404	Inward 2 SS	<u>2.8</u>	3.0		

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	405	Inward 2 ½ SS	3.1	3.4	
	412	Inward Flying 1 SS	2.0	2.1	
	413	Inward Flying 1 ½ SS	2.7	2.9	
TWIST DIVES					
	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 1 ½ SS, ½ Twists			2.0
	5132	Forward 1 ½ SS, 1 Twist			2.2
	5134	Forward 1 ½ SS, 2 Twists			2.6
	5136	Forward 1 ½ SS, 3 Twists			3.1
	5142	Forward 2 SS, 1 Twist	2.6	2.7	
	5152	Forward 2 ½ 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, 1 ½ Twists			2.3
	5225	Back 1 SS, 2 ½ Twists			2.7
	5227	Back 1 SS 3 ½ Twists			3.2
	5231	Back 1 ½ SS, ½ Twist			2.1
	5233	Back 1 ½ SS, 1 ½ Twists			2.5
	5235	Back 1 ½ SS, 2 ½ Twists			2.9
	5251	Back 2 ½ 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, 1 ½ Twists			2.4
	5325	Reverse 1 SS, 2 ½ Twists			2.8
	5331	Reverse 1 ½ SS, ½ Twist			2.2
	5333	Reverse 1 ½ SS, ½ Twist			2.6
	5335	Reverse 1 ½ SS, 2 ½ Twists			3.0
	5351	Reverse 2 ½ SS, ½ Twist	2.7	2.9	

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	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 1 ½ SS, 1 Twist			2.7
	5434	Inward 1 ½ SS, 2 Twists			3.1