

ONE-METER DIVING TABLE



OFFICIAL FHSAA DIVING SCORESHEET

LIVE LIVE
Order 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		

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			2.8	
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, 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

DIVER INFORMATION

NAME:		GENDER: F M		Order of Finish	
SCHOOL:		GRADE: 10		Total Points Awarded	
DATE:		CLASS: 4 A 3A 2A 1A		Diving Order	
MEET:		LEVEL: V JV MS			

C/T = Tuck B/P = Pike A/S = Straight D/F = Free

PRELIMS (Dives 1, 2, 3, 4, 5 -- 2 Voluntary & 3 Optional)

Dive Order	Dive #	Dive Pos.	Dive Descrip.	JUDGES SCORES							Judges Total	DD	Points Awarded				
				1	2	3	4	5	6	7							
1																	
2																	
3																	
4																	
5																	

SEMIFINALS (Dives 6, 7, 8 -- 2 Voluntary & 1 Optional)

6																	
7																	
8																	

FINALS (Dives 9, 10, 11 -- 1 Voluntary & 2 Optional)

9																	
10																	
11																	

Signatures:

Total Points Awarded

DIVER: _____

COACH: _____

REFEREE: _____

TOTAL D.D. VOLUNTARY DIVES: _____