

## NWSC ONE METER DIVING CHART

C= TUCK      B = PIKE      A= STRAIGHT      D = FREE

Dive #	FORWARD DIVES	C=T	B=P	A=S
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	--

### 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 1 1/2 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 1/2 SS	2.7	2.9	--

One REQUIRED dive from 101 (Front Dive group) must be done first & 3 OPTIONAL dives. The 4 dives shall come from 3 groups.

1 Dive Group can be repeated--within the 4 dives.

# Pike shall be executed first on these dives.

Dive #	TWIST DIVES	C=T	B=P	A=S	D=F
# 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
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