

**ONE METER DIVING TABLE**

Diving

OFFICIAL NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

**DIVING SCORESHEET**

Dive Order	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	1.6	
104	Forward 2 SS	2.2	2.3	2.0	
105	Forward 2 1/2 SS	2.4	2.6	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		
<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	2.0	2.3		
205	Back 2 1/2 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 1 1/2 SS	2.1	2.4	2.7	
304	Reverse 2 SS	2.1	2.4	2.9	
305	Reverse 2 1/2 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 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		
<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	
5142	Forward 2 SS, 1 Twist	2.6	2.7		
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	

DIVER INFORMATION				DIVER RESULT			
<b>Name:</b>		<b>COMPETITOR NUMBER:</b>		<b>Order of Finish:</b>			
<b>MALE</b> <input type="checkbox"/>		<b>FEMALE</b> <input type="checkbox"/>		<b>GRADE:</b>		<b>Total Points Awarded:</b>	
<b>SCHOOL:</b>				<b>DATE:</b>			

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

DIVE ORDER	DIVE NUMBER	DIVE POS.	JUDGES SCORES							Judges Total	Deg. of Diff.	Points Awarded						
			1	2	3	4	5	6	7									
1																		
2																		
3																		
4																		
5																		

SEMIFINALS (Dives 6,7,8 -- 2 Vol. & 1 Opt.)

6																		
7																		
8																		

FINALS (Dives 9,10,11 -- 1 Vol. & 2 Opt.)

9																		
10																		
11																		

T = Tuck P = Pike S = Straight F = Free

**TOTAL POINTS AWARDED**

**Diver's Signature:** \_\_\_\_\_

**Referee's Signature:** \_\_\_\_\_

**Coach's Signature** \_\_\_\_\_