

# ONE METER DIVING TABLE

Diving

OFFICIAL NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

## DIVING SCORESHEET

Dive Order	Dive No.	T/C	P/B	S/A	F/D
101	FORWARD DIVES				
102	Forward Dive	1.2	1.3	1.4	
103	Forward 1 SS	1.4	1.5	1.6	
104	Forward 1 1/2 SS	1.6	1.7	2.0	
105	Forward 2 SS	2.2	2.3	2.6	
106	Forward 2 1/2 SS	2.4	2.6		
107	Forward 3 SS	2.9	3.2		
112	Forward 3 1/2 SS	3.0	3.3		
113	Forward Flying 1SS	1.6	1.7		
201	Forward Flying 1 1/2 SS	1.8	1.9		
202	BACK DIVES				
203	Back Dive	1.5	1.6	1.7	
204	Back 1 SS	1.5	1.6	1.7	
205	Back 1 1/2 SS	2.0	2.3	2.5	
212	Back 2 SS	2.2	2.5		
301	Back 2 1/2 SS	3.0	3.2		
302	Flying Back 1 SS	1.6	1.7		
303	REVERSE DIVES				
304	Reverse Dive	1.6	1.7	1.8	
305	Reverse 1 SS	1.6	1.7	1.8	
312	Reverse 1 1/2 SS	2.1	2.4	2.7	
401	Reverse 2 SS	2.3	2.6	2.9	
402	Reverse 2 1/2 SS	3.0	3.2		
403	Flying Reverse SS	1.7	1.8		
404	INWARD DIVES				
405	Inward Dive	1.4	1.5	1.8	
412	Inward 1 SS	1.6	1.7	2.0	
413	Inward 1 1/2 SS	2.2	2.4		
5111	Inward 2 SS	2.8	3.0		
5112	Inward 2 1/2 SS	3.1	3.4		
5121	Inward Flying SS	2.0	2.1		
5122	Inward Flying 1 1/2 SS	2.7	2.9		
5123	TWIST DIVES				
5124	Forward Dive, 1/2 Twist	1.6	1.7	1.8	
5125	Forward Dive, 1 Twist		1.9	2.0	
5126	Forward 1 SS, 1/2 Twist			1.7	
5127	Forward 1 SS, 1 Twist			1.9	
5128	Forward 1 SS, 2 Twists			2.3	
5129	Forward 1 SS, 3 Twists			2.8	
5130	Forward 1 1/2 SS, 1/2 Twist			2.0	
5131	Forward 1 1/2 SS, 1 Twist			2.2	
5132	Forward 1 1/2 SS, 2 Twists			2.6	
5133	Forward 1 1/2 SS, 3 Twists			3.1	
5134	Forward 2 1/2 SS, 1 Twist	3.0	3.2		
5135	Back Dive, 1/2 Twist			1.8	
5136	Back Dive 1 Twist			2.0	
5137	Back 1 SS, 1/2 Twist			1.7	
5138	Back 1 SS, 1 Twist			1.9	
5139	Back 1 SS, 1 1/2 Twists			2.3	
5140	Back 1 SS, 2 1/2 Twists			2.7	
5141	Back 1 SS, 3 1/2 Twists			3.2	
5142	Back 1 1/2 SS, 1/2 Twist			2.1	
5143	Back 1 1/2 SS, 1 1/2 Twists			2.5	
5144	Back 1 1/2 SS, 2 1/2 Twists			2.9	
5145	Back 2 1/2 SS, 1/2 Twist	2.7	2.9		
5146	Reverse Dive, 1/2 Twist			1.9	
5147	Reverse Dive, 1 Twist			2.1	
5148	Reverse 1 SS, 1/2 Twist			1.8	
5149	Reverse 1 SS, 1 Twist			2.0	
5150	Reverse 1 SS, 1 1/2 Twists			2.4	
5151	Reverse 1 SS, 2 1/2 Twists			2.8	
5152	Reverse 1 1/2 SS, 1/2 Twist			2.2	
5153	Reverse 1 1/2 SS, 1 Twist			2.6	
5154	Reverse 1 1/2 SS, 1 1/2 Twists			2.9	
5155	Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9		
5156	Reverse 2 1/2 SS, 1 Twist			1.9	
5157	Reverse 2 1/2 SS, 1 1/2 Twists			2.1	
5158	Reverse 2 1/2 SS, 2 1/2 Twists			2.7	
5159	Reverse 2 1/2 SS, 3 1/2 Twists			3.1	
5160	Inward Dive, 1/2 Twist			1.7	
5161	Inward Dive, 1 Twist			1.9	
5162	Inward 1 SS, 1/2 Twist			2.1	
5163	Inward 1 SS, 1 Twist			2.3	
5164	Inward 1 SS, 1 1/2 Twists			2.7	
5165	Inward 1 1/2 SS, 1/2 Twist			2.1	
5166	Inward 1 1/2 SS, 1 Twist			2.5	
5167	Inward 1 1/2 SS, 1 1/2 Twists			2.9	
5168	Inward 1 1/2 SS, 2 1/2 Twists			3.1	
5169	Inward 1 1/2 SS, 3 1/2 Twists			3.5	
5170	Inward Flying 1 1/2 SS			2.7	
5171	Inward Flying 1 1/2 SS, 1 Twist			2.9	
5172	Inward Flying 1 1/2 SS, 1 1/2 Twists			3.1	
5173	Inward Flying 1 1/2 SS, 2 Twists			3.3	
5174	Inward Flying 1 1/2 SS, 3 Twists			3.5	
5175	Inward Flying 2 1/2 SS			3.0	
5176	Inward Flying 2 1/2 SS, 1 Twist			3.2	
5177	Inward Flying 2 1/2 SS, 1 1/2 Twists			3.4	
5178	Inward Flying 2 1/2 SS, 2 Twists			3.6	
5179	Inward Flying 2 1/2 SS, 3 Twists			3.8	
5180	Inward Flying 3 SS			3.0	
5181	Inward Flying 3 SS, 1 Twist			3.2	
5182	Inward Flying 3 SS, 1 1/2 Twists			3.4	
5183	Inward Flying 3 SS, 2 Twists			3.6	
5184	Inward Flying 3 SS, 3 Twists			3.8	
5185	Inward Flying 4 SS			3.0	
5186	Inward Flying 4 SS, 1 Twist			3.2	
5187	Inward Flying 4 SS, 1 1/2 Twists			3.4	
5188	Inward Flying 4 SS, 2 Twists			3.6	
5189	Inward Flying 4 SS, 3 Twists			3.8	
5190	Inward Flying 5 SS			3.0	
5191	Inward Flying 5 SS, 1 Twist			3.2	
5192	Inward Flying 5 SS, 1 1/2 Twists			3.4	
5193	Inward Flying 5 SS, 2 Twists			3.6	
5194	Inward Flying 5 SS, 3 Twists			3.8	
5195	Inward Flying 6 SS			3.0	
5196	Inward Flying 6 SS, 1 Twist			3.2	
5197	Inward Flying 6 SS, 1 1/2 Twists			3.4	
5198	Inward Flying 6 SS, 2 Twists			3.6	
5199	Inward Flying 6 SS, 3 Twists			3.8	
5200	Inward Flying 7 SS			3.0	
5201	Inward Flying 7 SS, 1 Twist			3.2	
5202	Inward Flying 7 SS, 1 1/2 Twists			3.4	
5203	Inward Flying 7 SS, 2 Twists			3.6	
5204	Inward Flying 7 SS, 3 Twists			3.8	
5205	Inward Flying 8 SS			3.0	
5206	Inward Flying 8 SS, 1 Twist			3.2	
5207	Inward Flying 8 SS, 1 1/2 Twists			3.4	
5208	Inward Flying 8 SS, 2 Twists			3.6	
5209	Inward Flying 8 SS, 3 Twists			3.8	
5210	Inward Flying 9 SS			3.0	
5211	Inward Flying 9 SS, 1 Twist			3.2	
5212	Inward Flying 9 SS, 1 1/2 Twists			3.4	
5213	Inward Flying 9 SS, 2 Twists			3.6	
5214	Inward Flying 9 SS, 3 Twists			3.8	
5215	Inward Flying 10 SS			3.0	
5216	Inward Flying 10 SS, 1 Twist			3.2	
5217	Inward Flying 10 SS, 1 1/2 Twists			3.4	
5218	Inward Flying 10 SS, 2 Twists			3.6	
5219	Inward Flying 10 SS, 3 Twists			3.8	
5220	Inward Flying 11 SS			3.0	
5221	Inward Flying 11 SS, 1 Twist			3.2	
5222	Inward Flying 11 SS, 1 1/2 Twists			3.4	
5223	Inward Flying 11 SS, 2 Twists			3.6	
5224	Inward Flying 11 SS, 3 Twists			3.8	
5225	Inward Flying 12 SS			3.0	
5226	Inward Flying 12 SS, 1 Twist			3.2	
5227	Inward Flying 12 SS, 1 1/2 Twists			3.4	
5228	Inward Flying 12 SS, 2 Twists			3.6	
5229	Inward Flying 12 SS, 3 Twists			3.8	
5230	Inward Flying 13 SS			3.0	
5231	Inward Flying 13 SS, 1 Twist			3.2	
5232	Inward Flying 13 SS, 1 1/2 Twists			3.4	
5233	Inward Flying 13 SS, 2 Twists			3.6	
5234	Inward Flying 13 SS, 3 Twists			3.8	
5235	Inward Flying 14 SS			3.0	
5236	Inward Flying 14 SS, 1 Twist			3.2	
5237	Inward Flying 14 SS, 1 1/2 Twists			3.4	
5238	Inward Flying 14 SS, 2 Twists			3.6	
5239	Inward Flying 14 SS, 3 Twists			3.8	
5240	Inward Flying 15 SS			3.0	
5241	Inward Flying 15 SS, 1 Twist			3.2	
5242	Inward Flying 15 SS, 1 1/2 Twists			3.4	
5243	Inward Flying 15 SS, 2 Twists			3.6	
5244	Inward Flying 15 SS, 3 Twists			3.8	

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** \_\_\_\_\_