

### High School Diving Tables - Degree of Difficulties

Dive	1M	3M	Description
101A	1.4	1.6	Forward Dive Straight
101B	1.3	1.5	Forward Dive Pike
101C	1.2	1.4	Forward Dive Tuck
102A	1.6	1.7	Forward Somersault Straight
102B	1.5	1.6	Forward Somersault Pike
102C	1.4	1.5	Forward Somersault Tuck
103A	2.0	1.9	Forward 1-1/2 Somersault Straight
103B	1.7	1.6	Forward 1-1/2 Somersault Pike
103C	1.6	1.5	Forward 1-1/2 Somersault Tuck
104B	2.3	2.1	Forward Double Somersault Pike
104C	2.2	2.0	Forward Double Somersault Tuck
105B	2.6	2.4	Forward 2-1/2 Somersault Pike
105C	2.4	2.2	Forward 2-1/2 Somersault Tuck
106B	3.2	2.8	Forward Triple Somersault Pike
106C	2.9	2.5	Forward Triple Somersault Tuck
107B	3.3	3.1	Forward 3-1/2 Somersault Pike
107C	3.0	2.8	Forward 3-1/2 Somersault Tuck
112B	1.7	1.8	Forward Flying Somersault Pike
112C	1.6	1.7	Forward Flying Somersault Tuck
113B	1.9	1.8	Forward Flying 1-1/2 Somersault Pike
113C	1.8	1.7	Forward Flying 1-1/2 Somersault Tuck

201A	1.7	1.9	Back Dive Straight
201B	1.6	1.8	Back Dive Pike
201C	1.5	1.7	Back Dive Tuck
202A	1.7	1.8	Back Somersault Straight
202B	1.6	1.7	Back Somersault Pike
202C	1.5	1.6	Back Somersault Tuck
203A	2.5	2.4	Back 1-1/2 Somersault Straight
203B	2.3	2.2	Back 1-1/2 Somersault Pike
203C	2.0	1.9	Back 1-1/2 Somersault Tuck
204B	2.3	2.3	Back Double Somersault Pike
204C	2.0	2.0	Back Double Somersault Tuck
205B	3.2	3.0	Back 2-1/2 Somersault Pike
205C	3.0	2.8	Back 2-1/2 Somersault Tuck

301A	1.8	2.0	Reverse Dive Straight
301B	1.7	1.9	Reverse Dive Pike
301C	1.6	1.8	Reverse Dive Tuck
302A	1.8	1.9	Reverse Somersault Straight
302B	1.7	1.8	Reverse Somersault Pike
302C	1.6	1.7	Reverse Somersault Tuck
303A	2.7	2.6	Reverse 1-1/2 Somersault Straight
303B	2.4	2.3	Reverse 1-1/2 Somersault Pike
303C	2.1	2.0	Reverse 1-1/2 Somersault Tuck
304B	2.4	2.4	Reverse Double Somersault Pike
304C	2.1	2.1	Reverse Double Somersault Tuck
305B	3.2	3.0	Reverse 2-1/2 Somersault Pike
305C	3.0	2.8	Reverse 2-1/2 Somersault Tuck
401A	1.8	1.7	Inward Dive Straight
401B	1.5	1.4	Inward Dive Pike

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Dive	1M	3M	Description
401C	1.4	1.3	Inward Dive Tuck
402B	1.7	1.5	Inward Somersault Pike
402C	1.6	1.4	Inward Somersault Tuck
403B	2.4	2.1	Inward 1-1/2 Somersault Pike
403C	2.2	1.9	Inward 1-1/2 Somersault Tuck
404B	3.0	2.6	Inward Double Somersault Pike
404C	2.8	2.4	Inward Double Somersault Tuck
405B	3.4	3.0	Inward 2-1/2 Somersault Pike
405C	3.1	2.7	Inward 2-1/2 Somersault Tuck
412B	2.1	1.9	Inward Flying Somersault Pike
412C	2.0	1.8	Inward Flying Somersault Tuck
413B	2.9	2.6	Inward Flying 1-1/2 Somersault Pike
413C	2.7	2.4	Inward Flying 1-1/2 Somersault Tuck

5111A	1.8	2.0	Forward Dive 1/2 Twist Straight
5111B	1.7	1.9	Forward Dive 1/2 Twist Pike
5111C	1.6	1.8	Forward Dive 1/2 Twist Tuck
5112A	2.0	2.2	Forward Dive 1 Twist Straight
5112B	1.9	2.1	Forward Dive 1 Twist Pike
5121D	1.7	1.8	Forward Som. 1/2 Twist Free
5122D	1.9	2.0	Forward Som. 1 Twist Free
5124D	2.3	2.4	Forward Som. 2 Twists Free
5126D	2.8	2.9	Forward Som. 3 Twists Free
5131D	2.0	1.9	Forward 1-1/2 Som. 1/2 Twist Free
5132D	2.2	2.1	Forward 1-1/2 Som. 1 Twist Free
5134D	2.6	2.5	Forward 1-1/2 Som. 2 Twists Free
5136D	3.1	3.0	Forward 1-1/2 Som. 3 Twists Free
5142B	2.7	2.5	Forward 2 Som. 1 Twist Pike
5142C	2.6	2.4	Forward 2 Som. 1 Twist Tuck
5152B	3.2	3.0	Forward 2-1/2 Som. 1 Twist Pike
5152C	3.0	2.8	Forward 2-1/2 Som. 1 Twist Tuck
5211A	1.8	2.0	Back Dive 1/2 Twist Straight
5212A	2.0	2.2	Back Dive 1 Twist Straight
5221D	1.7	1.8	Back Som. 1/2 Twist Free
5222D	1.9	2.0	Back Som. 1 Twist Free
5223D	2.3	2.4	Back Som. 1-1/2 Twists Free
5225D	2.7	2.8	Back Som. 2-1/2 Twists Free
5227D	3.2	3.3	Back Som. 3-1/2 Twists Free
5231D	2.1	2.0	Back 1-1/2 Som. 1/2 Twist Free
5233D	2.5	2.4	Back 1-1/2 Som. 1-1/2 Twists Free
5235D	2.9	2.8	Back 1-1/2 Som. 2-1/2 Twists Free
5251B	2.9	2.7	Back 2-1/2 Som. 1/2 Twist Pike
5251C	2.7	2.5	Back 2-1/2 Som. 1/2 Twist Tuck
5311A	1.9	2.1	Reverse Dive 1/2 Twist Straight
5312A	2.1	2.3	Reverse Dive 1 Twist Straight
5321D	1.8	1.9	Reverse Som. 1/2 Twist Free
5322D	2.0	2.1	Reverse Som. 1 Twist Free
5323D	2.4	2.5	Reverse Som. 1-1/2 Twists Free
5325D	2.8	2.9	Reverse Som. 2-1/2 Twists Free
5331D	2.2	2.1	Reverse 1-1/2 Som. 1/2 Twist Free
5333D	2.6	2.5	Reverse 1-1/2 Som. 1-1/2 Twists Free
5335D	3.0	2.9	Reverse 1-1/2 Som. 2-1/2 Twists Free

### High School Diving Tables - Degree of Difficulties

Dive	1M	3M	Description
5351B	2.9	2.7	Reverse 2-1/2 Som. 1/2 Twists Pike
5351C	2.7	2.5	Reverse 2-1/2 Som. 1/2 Twists Tuck
5411A	2.0	1.9	Inward Dive 1/2 Twist Straight
5411B	1.7	1.6	Inward Dive 1/2 Twist Pike
5412A	2.2	2.1	Inward Dive 1 Twist Straight
5412B	1.9	1.8	Inward Dive 1 Twist Pike
5421D	1.9	1.7	Inward Som. 1/2 Twist Free
5422D	2.1	1.9	Inward Som. 1 Twist Free
5432D	2.7	2.4	Inward 1-1/2 Som. 1 Twist Free
5434D	3.1	2.8	Inward 1-1/2 Som. 2 Twists Free

Note: One Meter dives are from the NFHS One Meter Diving Table.

Three Meter dives are from FINA Table of Degrees of Difficulty Springboard