

Name: _____

Age: _____

Forward Dives

101 A B C D Forward Dive
102 A B C D Forward 1 SS
103 A B C D Forward 1 1/2 SS
104 A B C D Forward 2 SS
105 A B C D Forward 2 1/2 SS
106 A B C D Forward 3 SS
107 A B C D Forward 3 1/2 SS

Back Dives

201 A B C D Back Dive
202 A B C D Back 1 SS
203 A B C D Back 1 1/2 SS
204 A B C D Back 2 SS
205 A B C D Back 2 1/2 SS

Reverse Dives

301 A B C D Reverse Dive
302 A B C D Reverse 1 SS
303 A B C D Reverse 1 1/2 SS
304 A B C D Reverse 2 SS
305 A B C D Reverse 2 1/2 SS

Inward Dives

401 A B C D Inward Dive
402 A B C D Inward 1 SS
403 A B C D Inward 1 SS
404 A B C D Inward 1 SS
405 A B C D Inward 1 SS

Twist Dives

5111 A B Forward Dive 1/2 Twist
5112 A B Forward Dive 1 Twist
5121 A B D Forward 1 SS 1/2 Twist
5122 D Forward 1 SS 1 Twist
5124 D Forward 1 SS 2 Twist
5126 D Forward 1 SS 3 Twist
5131 B C Forward 1 1/2 SS 1/2 Twist
5132 D Forward 1 1/2 SS 1 Twist
5134 D Forward 1 1/2 SS 2 Twist
5136 D Forward 1 1/2 SS 3 Twist
5152 B C Forward 2 1/2 SS 1 Twist
5211 A B Back Dive 1/2 Twist
5212 A Back Dive 1 Twist
5221 D Back 1 SS 1/2 Twist
5222 D Back 1 SS 1 Twist
5223 D Back 1 SS 1 1/2 Twist
5225 D Back 1 SS 2 1/2 Twist
5231 D Back 1 1/2 SS 1/2 Twist
5233 D Back 1 1/2 SS 1 1/2 Twist
5235 D Back 1 1/2 SS 2 1/2 Twist
5251 B C Back 2 1/2 SS 1/2 Twist
5311 A Reverse Dive 1/2 Twist
5312 A Reverse Dive 1 Twist
5321 D Reverse 1 SS 1/2 Twist
5322 D Reverse 1 SS 1 Twist
5323 D Reverse 1 SS 1 1/2 Twist
5325 D Reverse 1 SS 2 1/2 Twist
5331 D Reverse 1 1/2 SS 1/2 Twist

5333 D Reverse 1 1/2 SS 1 1/2 Twist
5335 D Reverse 1 1/2 SS 2 1/2 Twist
5351 B C Reverse 2 1/2 SS 1/2 Twist
5411 A B Inward Dive 1/2 Twist
5412 A B Inward Dive 1 Twist
5421 B C Inward 1 SS 1/2 Twist
5422 D Inward 1 SS 1 Twist
5432 D Inward 1 1/2 SS 1 Twist
5434 D Inward 1 1/2 SS 2 Twist

Positions

A = Straight
B = Pike
C = Tuck
D = Free