

DELAWARE HIGH SCHOOL - DUAL MEET DIVING SHEET

T = Tuck(C), P = Pike(B), S = Straight(A), F = Free(D)

Dive Order	Dive No.	FORWARD DIVES	T	P	S	F
	101	Forward Dive	1.2	1.3	1.4	---
	102	Forward Somersault	1.4	1.5	1.6	---
	103	Forward 1 1/2 Somersault	1.6	1.7	2.0	---
	104	Forward Double SS	2.2	2.3	2.6	---
	105	Forward 2 1/2 Somersault	2.4	2.6	---	---
	106	Forward Triple SS	2.9	3.2	---	---
	107	Forward 3 1/2 Somersault	3.0	3.3	---	---
	112	Forward Flying 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 Somersault	1.5	1.6	1.7	---
	203	Back 1 1/2 Somersault	2.0	2.3	2.5	---
	204	Back Double SS	2.2	2.5	---	---
	205	Back 2 1/2 Somersault	3.0	3.2	---	---
		REVERSE DIVES				
	301	Reverse Dive	1.6	1.7	1.8	---
	302	Reverse Somersault	1.6	1.7	1.8	---
	303	Reverse 1 1/2 Somersault	2.1	2.4	2.7	---
	304	Reverse Double SS	2.3	2.6	2.9	---
	305	Reverse 2 1/2 Somersault	3.0	3.2	---	---
		INWARD DIVES				
	401	Inward Dive	1.4	1.5	1.8	---
	402	Inward Somersault	1.6	1.7	2.0	---
	403	Inward 1 1/2 Somersault	2.2	2.4	---	---
	404	Inward Double SS	2.8	3.0	---	---
	405	Inward 2 1/2 Somersault	3.1	3.4	---	---
	412	Flying Inward SS	2.0	2.1	---	---
	413	Flying Inward 1 1/2 SS	2.7	2.9	---	---
		TWIST DIVES	T	P	S	F
	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	---
	5112	Forward Dive, 1 Twist	---	1.9	2.0	---
	5121	Forward SS, 1/2 Twist	---	---	---	1.7
	5122	Forward SS, 1 Twist	---	---	---	1.9
	5124	Forward SS, 2 Twists	---	---	---	2.3
	5126	Forward 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, 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 Somersault, 1/2 Twist	---	---	---	1.7
	5222	Back Somersault, 1 Twist	---	---	---	1.9
	5223	Back Somersault, 1 1/2 Twists	---	---	---	2.3
	5225	Back Somersault, 2 1/2 Twists	---	---	---	2.7
	5227	Back Somersault, 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 SS, 1/2 Twist	---	---	---	1.8
	5322	Reverse SS, 1 Twist	---	---	---	2.0
	5323	Reverse SS, 1 1/2 Twists	---	---	---	2.4
	5325	Reverse 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 SS, 1/2 Twist	---	---	---	1.9
	5422	Inward 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's Name (please print)

School

Seq. No.	Judges Scores	Judges Total	DD	Total Award
1				
2				
3				
4				
5				
6				

If two judges, multiply x 1.5

TOTAL

Diver's Signature

Coach's Signature

Referee's Signature

Meet

Date

Directions:

1. Number Dives in Order;
2. Voluntary Dive Must be #1
3. Circle Degree of Difficulty (DD)
4. Transfer DD Value to Table
5. Sign Your Name
6. Coach Must Sign This Sheet.