



Example: 8 and under and 9 &10 – one (1) meter—Forward dive (any position) mandatory + 2 optionals from different dive groups

Dive #	Pos.	Dive description	D.D.
1. 101	C	Forward dive	1.2
2. 201	B	Back dive	1.6
3. 103	C	Forward 1-1/2 somersault	1.4

Example: 11&12 and 13 & 14 - one (1) meter---Forward dive (any position) mandatory + 3 optionals from different dive groups

Dive #	Pos.	Dive description	D.D.
1. 101	C	Forward dive	1.2
2. 201	B	Back dive	1.6
3. 103	C	Forward 1-1/2 somersault	1.4
4. 5111	A	Forward dive 1/2 twist	1.8

Example: 15 &17 - one (1) meter -- Forward dive (any position) mandatory + 4 optionals from different dive groups

Dive #	Pos.	Dive description	D.D.
1. 101	C	Forward dive	1.2
2. 201	B	Back dive	1.6
3. 103	C	Forward 1-1/2 somersault	1.4
4. 5111	A	Forward dive 1/2 twist	1.8
5. 303	B	Reverse 1-1/2 somersault	2.4