

# 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 ½ Somersault	1.6	1.7	2.0	---
___	104	Forward Double SS	2.2	2.3	2.6	---
___	105	Forward 2 ½ Somersault	2.4	2.6	---	---
___	106	Forward Triple SS	2.9	3.2	---	---
___	107	Forward 3 ½ Somersault	3.0	3.3	---	---
___	112	Forward Flying SS	1.6	1.7	---	---
___	113	Forward Flying 1 ½ SS	1.8	1.9	---	---
<b>BACK DIVES</b>						
___	201	Back Dive	1.5	1.6	1.7	---
___	202	Back Somersault	1.5	1.6	1.7	---
___	203	Back 1 ½ Somersault	2.0	2.3	2.5	---
___	204	Back Double SS	2.0	2.3	---	---
___	205	Back 2 ½ Somersault	3.0	3.2	---	---
<b>REVERSE DIVES</b>						
___	301	Reverse Dive	1.6	1.7	1.8	---
___	302	Reverse Somersault	1.6	1.7	1.8	---
___	303	Reverse 1 ½ Somersault	2.1	2.4	2.7	---
___	304	Reverse Double SS	2.1	2.4	2.9	---
___	305	Reverse 2 ½ Somersault	3.0	3.2	---	---
<b>INWARD DIVES</b>						
___	401	Inward Dive	1.4	1.5	1.8	---
___	402	Inward Somersault	1.6	1.7	2.0	---
___	403	Inward 1 ½ Somersault	2.2	2.4	---	---
___	404	Inward Double SS	2.8	3.0	---	---
___	405	Inward 2 ½ Somersault	3.1	3.4	---	---
___	412	Flying Inward SS	2.0	2.1	---	---
___	413	Flying Inward 1 ½ SS	2.7	2.9	---	---
<b>TWIST DIVES</b>						
___	5111	Forward Dive, ½ Twist	1.6	1.7	1.8	---
___	5112	Forward Dive, 1 Twist	---	1.9	2.0	---
___	5121	Forward SS, ½ 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 ½ SS, ½ Twist	---	---	---	2.0
___	5132	Forward 1 ½ SS, 1 Twist	---	---	---	2.2
___	5134	Forward 1 ½ SS, 2 Twists	---	---	---	2.6
___	5136	Forward 1 ½ SS, 3 Twists	---	---	---	3.1
___	5142	Forward 2, 1 Twist	2.6	2.7	---	---
___	5152	Forward 2 ½ SS, 1 Twist	3.0	3.2	---	---
___	5211	Back Dive, ½ Twist	---	---	1.8	---
___	5212	Back Dive, 1 Twist	---	---	2.0	---
___	5221	Back Somersault, ½ Twist	---	---	---	1.7
___	5222	Back Somersault, 1 Twist	---	---	---	1.9
___	5223	Back Somersault, 1 ½ Twists	---	---	---	2.3
___	5225	Back Somersault, 2 ½ Twists	---	---	---	2.7
___	5227	Back Somersault, 3 ½ Twists	---	---	---	3.2
___	5231	Back 1 ½ SS, ½ Twist	---	---	---	2.1
___	5233	Back 1 ½ SS, 1 ½ Twists	---	---	---	2.5
___	5235	Back 1 ½ SS, 2 ½ Twists	---	---	---	2.9
___	5251	Back 2 ½ SS, ½ Twist	2.7	2.9	---	---
___	5311	Reverse Dive, ½ Twist	---	---	1.9	---
___	5312	Reverse Dive, 1 Twist	---	---	2.1	---
___	5321	Reverse SS, ½ Twist	---	---	---	1.8
___	5322	Reverse SS, 1 Twist	---	---	---	2.0
___	5323	Reverse SS, 1 ½ Twists	---	---	---	2.4
___	5325	Reverse SS, 2 ½ Twists	---	---	---	2.8
___	5331	Reverse 1 ½ SS, ½ Twist	---	---	---	2.2
___	5333	Reverse 1 ½ SS, 1 ½ Twists	---	---	---	2.6
___	5335	Reverse 1 ½ SS, 2 ½ Twists	---	---	---	3.0
___	5351	Reverse 2 ½ SS, ½ Twist	2.7	2.9	---	---
___	5411	Inward Dive, ½ Twist	---	1.7	2.0	---
___	5412	Inward Dive, 1 Twist	---	1.9	2.2	---
___	5421	Inward SS, ½ Twist	---	---	---	1.9
___	5422	Inward SS, 1 Twist	---	---	---	2.1
___	5432	Inward 1 ½ SS, 1 Twist	---	---	---	2.7
___	5434	Inward 1 ½ SS, 2 Twists	---	---	---	3.1

<b>Diver's Name</b> (please print)	Diving Order	
	Finish Order	

School				
Seq. No.	Judges Scores	Judges Total	DD	Total Award
1				
2				
3				
4				
5				
6				
If two judges, multiply x 1.5				
<b>TOTAL</b>				

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Diver's Signature

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Coach's Signature

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Referee's Signature

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Meet Date

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