

SPRINGBOARD		1 METER			
		Stir	Pike	Tuck	Free
<b>FORWARD GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
100	Forward Jump	1.0	1.0	1.0	
101	Forward Dive	1.4	1.3	1.2	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1-1/2 Somersault		1.7	1.6	
104	Forward Double Somersault		2.3	2.2	
105	Forward 2-1/2 Somersault		2.6	2.4	
106	Forward Triple Somersault			2.9	
107	Forward 3-1/2 Somersault			3.0	
112	Forward Flying Somersault		1.7	1.6	
113	Forward Flying 1-1/2 Som.		1.9	1.8	
<b>BACK GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
200	Back Jump	1.0	1.0	1.0	
201	Back Dive	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1-1/2 Somersault	2.5	2.3	2.0	
204	Back Double Somersault		2.5	2.2	
205	Back 2-1/2 Somersault		3.2	3.0	
212	Back Flying Somersault		1.7	1.6	
<b>REVERSE GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1-1/2 Somersault	2.7	2.4	2.1	
304	Reverse Double Somersault		2.6	2.3	
305	Reverse 2-1/2 Somersault		3.2	3.0	
312	Reverse Flying Somersault		1.8	1.7	
<b>INWARD GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault		1.7	1.6	
403	Inward 1-1/2 Somersault		2.4	2.2	
404	Inward Double Somersault			2.8	
405	Inward 2-1/2 Somersault		3.4	3.1	
412	Inward Flying Somersault		2.1	2.0	

SPRINGBOARD		1 METER			
		Stir	Pike	Tuck	Free
<b>TWISTING GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5111	Forward Dive 1/2 Twist	1.8	1.7		
5112	Forward Dive 1 Twist	2.0	1.9		
5121	Forward Somersault 1/2 Twist	1.9	1.8		1.7
5122	Forward Somersault 1 Twist				1.9
5124	Forward Somersault 2 Twists				2.3
5126	Forward Somersault 3 Twists				2.7
5131	Forward 1-1/2 Som. 1/2 Twist		2.1	2.0	
5132	Forward 1-1/2 Som. 1 Twist				2.2
5134	Forward 1-1/2 Som. 2 Twists				2.6
5136	Forward 1-1/2 Som. 3 Twists				3.0
5152	Forward 2-1/2 Som. 1 Twist				3.0
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
5231	Back 1-1/2 Som. 1/2 Twist				2.1
5233	Back 1-1/2 Som. 1-1/2 Twists				2.5
5235	Back 1-1/2 Som. 2-1/2 Twists				2.9
5311	Reverse Dive 1/2 Twist	1.9			
5312	Reverse Dive 1 Twist	2.1			
5321	Reverse Somersault 1/2 Twist				1.8
5322	Reverse Somersault 1 Twist				2.0
5323	Reverse Som. 1-1/2 Twists				2.4
5325	Reverse Som. 2-1/2 Twists				2.8
5331	Reverse 1-1/2 Som. 1/2 Twist				2.2
5333	Reverse 1-1/2 Som. 1-1/2 Tw.				2.6
5335	Reverse 1-1/2 Som. 2-1/2 Tw.				3.0
5411	Inward Dive 1/2 Twist	2.0	1.7		
5412	Inward Dive 1 Twist	2.2	1.9		
5421	Inward Somersault 1/2 Twist		1.8	1.7	
5422	Inward Somersault 1 Twist				2.1
5432	Inward 1-1/2 Som. 1 Twist				2.7
5434	Inward 1-1/2 Som. 2 Twists				3.1