

| Dive No. | C Tuck | B Pike | A Straight | D Free |
|--------------------------------|--------|--------|------------|--------|
| FORWARD DIVES | | | | |
| 101 Forward Dive | 1.2 | 1.3 | 1.4 | — |
| 102 Forward 1 SS | 1.4 | 1.5 | 1.6 | — |
| 103 Forward 1½ SS | 1.6 | 1.7 | 2.0 | — |
| 104 Forward 2 SS | 2.2 | 2.3 | 2.6 | — |
| 105 Forward 2½ SS | 2.4 | 2.6 | — | — |
| 106 Forward 3 SS | 2.9 | 3.2 | — | — |
| 107 Forward 3½ SS | 3.0 | 3.3 | — | — |
| 112 Forward Flying 1 SS | 1.6 | 1.7 | — | — |
| 113 Forward Flying 1½ SS | 1.8 | 1.9 | — | — |
| BACK DIVES | | | | |
| 201 Back Dive | 1.5 | 1.6 | 1.7 | — |
| 202 Back 1 SS | 1.5 | 1.6 | 1.7 | — |
| 203 Back 1½ SS | 2.0 | 2.3 | 2.5 | — |
| 204 Back 2 SS | 2.2 | 2.5 | — | — |
| 205 Back 2½ SS | 3.0 | 3.2 | — | — |
| 212 Flying Back 1 SS | 1.6 | 1.7 | — | — |
| REVERSE DIVES | | | | |
| 301 Reverse Dive | 1.6 | 1.7 | 1.8 | — |
| 302 Reverse 1 SS | 1.6 | 1.7 | 1.8 | — |
| 303 Reverse 1½ SS | 2.1 | 2.4 | 2.7 | — |
| 304 Reverse 2 SS | 2.3 | 2.6 | 2.9 | — |
| 305 Reverse 2½ SS | 3.0 | 3.2 | — | — |
| 312 Flying Reverse SS | 1.7 | 1.8 | — | — |
| INWARD DIVES | | | | |
| 401 Inward Dive | 1.4 | 1.5 | 1.8 | — |
| 402 Inward 1 SS | 1.6 | 1.7 | 2.0 | — |
| 403 Inward 1½ SS | 2.2 | 2.4 | — | — |
| 404 Inward 2 SS | 2.8 | 3.0 | — | — |
| 405 Inward 2½ SS | 3.1 | 3.4 | — | — |
| 412 Inward Flying SS | 2.0 | 2.1 | — | — |
| 413 Inward Flying 1½ | 2.7 | 2.9 | — | — |

| Dive No. | C Tuck | B Pike | A Straight | D Free |
|-------------------------------------|--------|--------|------------|--------|
| TWIST DIVES | | | | |
| 5111 Forward Dive, ½ Twist | 1.6 | 1.7 | 1.8 | — |
| 5112 Forward Dive, 1 Twist | — | 1.9 | 2.0 | — |
| 5121 Forward 1 SS, ½ Twist | — | — | — | 1.7 |
| 5122 Forward 1 SS, 1 Twist | — | — | — | 1.9 |
| 5124 Forward 1 SS, 2 Twists | — | — | — | 2.3 |
| 5126 Forward 1 SS, 3 Twists | — | — | — | 2.7 |
| 5131 Forward 1½ SS, ½ Twist | — | — | — | 2.0 |
| 5132 Forward 1½ SS, 1 Twist | — | — | — | 2.2 |
| 5134 Forward 1½ SS, 2 Twists | — | — | — | 2.6 |
| 5136 Forward 1½ SS, 3 Twists | — | — | — | 3.0 |
| 5152 Forward 2½ SS, 1 Twist | 3.0 | 3.2 | — | — |
| 5211 Back Dive, ½ Twist | — | — | 1.8 | — |
| 5212 Back Dive, 1 Twist | — | — | 2.0 | — |
| 5221 Back 1 SS, ½ Twist | — | — | — | 1.7 |
| 5222 Back 1 SS, 1 Twist | — | — | — | 1.9 |
| 5223 Back 1 SS, 1½ Twists | — | — | — | 2.3 |
| 5225 Back 1 SS, 2½ Twists | — | — | — | 2.7 |
| 5227 Back 1 SS, 3½ Twists | — | — | — | 3.1 |
| 5231 Back 1½ SS, ½ Twist | — | — | — | 2.1 |
| 5233 Back 1½ SS, 1½ Twists | — | — | — | 2.5 |
| 5235 Back 1½ SS, 2½ Twists | — | — | — | 2.9 |
| 5251 Back 2½ SS, ½ Twist | 2.7 | 2.9 | — | — |
| 5311 Reverse Dive, ½ Twist | — | — | 1.9 | — |
| 5312 Reverse Dive, 1 Twist | — | — | 2.1 | — |
| 5321 Reverse 1 SS, ½ Twist | — | — | — | 1.8 |
| 5322 Reverse 1 SS, 1 Twist | — | — | — | 2.0 |
| 5323 Reverse 1 SS, 1½ Twists | — | — | — | 2.4 |
| 5325 Reverse 1 SS, 2½ Twists | — | — | — | 2.8 |
| 5331 Reverse 1½ SS, ½ Twist | — | — | — | 2.2 |
| 5333 Reverse 1½ SS, 1½ Twists | — | — | — | 2.6 |
| 5335 Reverse 1½ SS, 2½ Twists | — | — | — | 3.0 |
| 5351 Reverse 2½ SS, ½ Twists | 2.7 | 2.9 | — | — |
| 5411 Inward Dive, ½ Twist | — | 1.7 | 2.0 | — |
| 5412 Inward Dive, 1 Twist | — | 1.9 | 2.2 | — |
| 5421 Inward 1 SS, ½ Twist | — | — | — | 1.9 |
| 5422 Inward 1 SS, 1 Twist | — | — | — | 2.1 |
| 5432 Inward 1½ SS, 1 Twist | — | — | — | 2.7 |
| 5434 Inward 1½ SS, 2 Twists | — | — | — | 3.1 |