



**Example: 8 and under and 9 & 10 only one (1) meter--Mandatory Forward dive (any position) + 2 optionals from any dive group except the Inward dive group**

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 only one (1) meter-- Mandatory Forward dive (any position) + 3 optionals from at least 3 of the 5 dive groups (may repeat the forward group)**

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	1.0

**Example: 15 & 17 only one (1) meter-- Mandatory Forward dive (any position) + 4 optionals from at least 4 of the 5 dive groups (may repeat the forward group)**

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	1.0
5. 303	B	Reverse 1-1/2 somersault	2.4