

# 2016-2017 WIAA DIVING FORM

For Eleven Dive Competitions

( Dive #'s, Descriptions and DD Values are listed in the NFHS Rule Book )

|                            |
|----------------------------|
| <b><u>Diving Order</u></b> |
| Prelim                     |
| Semi                       |
| Final                      |

|          |         |
|----------|---------|
| Name *   |         |
| School * |         |
|          | Grade * |
| Date *   | Meet *  |

|                           |
|---------------------------|
| <b><u>Final Place</u></b> |
|                           |

|    |   |  |
|----|---|--|
| 2A | * |  |
| 3A | * |  |
| 4A | * |  |

| DIVE #             | A<br>B<br>C<br>D | DIVE DESCRIPTION<br>(as listed in the NHSF rule book)<br>(PLEASE PRINT) | JUDGES SCORES                 |     |     |     |     |     |     | TOTAL SCORE  | DIVE D.D | Final Dive Score |
|--------------------|------------------|---|-------------------------------|-----|-----|-----|-----|-----|-----|--|----------|------------------|
|                    |                  |   | # 1                           | # 2 | # 3 | # 4 | # 5 | # 6 | # 7 |  |          |                  |
| <b>PRELIMS</b>     |                  |   | <b>2 VOLUNTARY 3 OPTIONAL</b> |     |     |     |     |     |     | <b>(circle the Dive # and DD of the Voluntary dives)</b> |          |                  |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| <b>SEMI FINALS</b> |                  |   | <b>2 VOLUNTARY 1 OPTIONAL</b> |     |     |     |     |     |     | <b>(circle the Dive # and DD of the Voluntary dives)</b> |          |                  |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| <b>FINALS</b>      |                  |   | <b>1 VOLUNTARY 2 OPTIONAL</b> |     |     |     |     |     |     | <b>(circle the Dive # and DD of the Voluntary dives)</b> |          |                  |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |
| *                  | *                | *   |                               |     |     |     |     |     |     | *  |          | .                |

**TOTAL POINTS**

|   |
|---|
| . |
|---|

Diver's Signature \* \_\_\_\_\_

Coach's Signature \* \_\_\_\_\_

Referee's Initials (Pre) \_\_\_\_\_ Signature (Final) \_\_\_\_\_

TOTAL D.D. VOLUNTARY DIVES \* \_\_\_\_\_

TOTAL D.D. OPTIONAL DIVES \* \_\_\_\_\_

**DIVER / COACH PLEASE COMPLETE ALL AREAS MARKED (\*) IN PENCIL - PLEASE PRINT**

| CTUCK B PIKE A STRAIGHT D FREE |     |     |     | CTUCK B PIKE A STRAIGHT D FREE           |     |     |     |
|--------------------------------|-----|-----|-----|--|-----|-----|-----|
|                                |     |     |     | TWIST DIVES                              |     |     |     |
| <b>FORWARD DIVES</b>           |     |     |     |  |     |     |     |
| 101 Forward Dive               | 1.2 | 1.3 | 1.4 | 5124 Forward 1 SS, 2 Twists              | —   | —   | 2.3 |
| 102 Forward 1 SS               | 1.4 | 1.5 | 1.6 | 5126 Forward 1 SS, 3 Twists              | —   | —   | 2.8 |
| 103 Forward 1 1/2 SS           | 1.6 | 1.7 | 2.0 | 5131 Forward 1 1/2 SS, 1/2 Twist         | —   | —   | 2.0 |
| 104 Forward 2 SS               | 2.2 | 2.3 | 2.6 | 5132 Forward 1 1/2 SS, 1 Twist           | —   | —   | 2.2 |
| 105 Forward 2 1/2 SS           | 2.4 | 2.6 | —   | 5134 Forward 1 1/2 SS, 2 Twists          | —   | —   | 2.6 |
| 106 Forward 3 SS               | 2.9 | 3.2 | —   | 5136 Forward 1 1/2 SS, 3 Twists          | —   | —   | 3.1 |
| 107 Forward 3 1/2 SS           | 3.0 | 3.3 | —   | 5142 Forward 2 SS, 1 Twist               | 2.6 | 2.7 | —   |
| 112 Forward Flying 1 SS        | 1.6 | 1.7 | —   | 5152 Forward 2 1/2 SS, 1 Twist           | 3.0 | 3.2 | —   |
| 113 Forward Flying 1 1/2 SS    | 1.8 | 1.9 | —   | 5211 Back Dive, 1/2 Twist                | —   | —   | 1.8 |
|                                |     |     |     | 5212 Back Dive, 1 Twist                  | —   | —   | 2.0 |
| <b>BACK DIVES</b>              |     |     |     | 5221 Back 1 SS, 1/2 Twist                | —   | —   | 1.7 |
| 201 Back Dive                  | 1.5 | 1.6 | 1.7 | 5222 Back 1 SS, 1 Twist                  | —   | —   | 1.9 |
| 202 Back 1 SS                  | 1.5 | 1.6 | 1.7 | 5223 Back 1 SS, 1 1/2 Twists             | —   | —   | 1.9 |
| 203 Back 1 1/2 SS              | 2.0 | 2.3 | 2.5 | 5225 Back 1 SS, 2 1/2 Twists             | —   | —   | 2.3 |
| 204 Back 2 SS                  | 2.2 | 2.5 | —   | 5227 Back 1 SS, 3 1/2 Twists             | —   | —   | 2.7 |
| 205 Back 2 1/2 SS              | 3.0 | 3.2 | —   | 5231 Back 1 1/2 SS, 1/2 Twist            | —   | —   | 3.2 |
|                                |     |     |     | 5233 Back 1 1/2 SS, 1 1/2 Twists         | —   | —   | 2.1 |
| <b>REVERSE DIVES</b>           |     |     |     | 5235 Back 1 1/2 SS, 2 1/2 Twists         | —   | —   | 2.5 |
| 301 Reverse Dive               | 1.6 | 1.7 | 1.8 | 5251 Back 2 1/2 SS, 1/2 Twist            | —   | —   | 2.9 |
| 302 Reverse 1 SS               | 1.6 | 1.7 | 1.8 | 5311 Reverse Dive, 1/2 Twist             | 2.7 | 2.9 | —   |
| 303 Reverse 1 1/2 SS           | 2.1 | 2.4 | 2.7 | 5312 Reverse Dive, 1 Twist               | —   | —   | 1.9 |
| 304 Reverse 2 SS               | 2.3 | 2.6 | 2.9 | 5321 Reverse 1 SS, 1/2 Twist             | —   | —   | 2.1 |
| 305 Reverse 2 1/2 SS           | 3.0 | 3.2 | —   | 5322 Reverse 1 SS, 1 Twist               | —   | —   | 1.8 |
|                                |     |     |     | 5323 Reverse 1 SS, 1 1/2 Twists          | —   | —   | 2.0 |
| <b>INWARD DIVES</b>            |     |     |     | 5325 Reverse 1 SS, 2 1/2 Twists          | —   | —   | 2.4 |
| 401 Inward Dive                | 1.4 | 1.5 | 1.8 | 5331 Reverse 1 1/2 SS, 1/2 Twist         | —   | —   | 2.8 |
| 402 Inward 1 SS                | 1.6 | 1.7 | 2.0 | 5333 Reverse 1 1/2 SS, 1 1/2 Twists      | —   | —   | 2.2 |
| 403 Inward 1 1/2 SS            | 2.2 | 2.4 | —   | 5335 Reverse 1 1/2 SS, 2 1/2 Twists      | —   | —   | 2.6 |
| 404 Inward 2 SS                | 2.8 | 3.0 | —   | 5351 Reverse 2 1/2 SS, 1/2 Twists        | —   | —   | 3.0 |
| 405 Inward 2 1/2 SS            | 3.1 | 3.4 | —   | 5411 Inward Dive, 1/2 Twis               | 2.7 | 2.9 | —   |
| 412 Inward Flying SS           | 2.0 | 2.1 | —   | 5412 Inward Dive, 1 Twist                | —   | —   | 1.7 |
| 413 Inward Flying 1 1/2        | 2.7 | 2.9 | —   | 5421 Inward 1 SS, 1/2 Twist              | —   | —   | 2.0 |
|                                |     |     |     | 5422 Inward 1 SS, 1 Twist                | —   | —   | 1.9 |
| <b>TWIST DIVES</b>             |     |     |     | 5432 Inward 1 1/2 SS, 1 Twist            | —   | —   | 2.1 |
| 5111 Forward Dive, 1/2 Twist   | 1.6 | 1.7 | 1.8 | 5434 Inward 1 1/2 SS, 2 Twists           | —   | —   | 2.7 |
| 5112 Forward Dive, 1 Twist     | —   | 1.9 | 2.0 | Dive C B A D No. Tuck Pike Straight Free | —   | —   | —   |
| 5121 Forward 1 SS, 1/2 Twist   | —   | —   | —   | Dive C B A D No. Tuck Pike Straight Free | —   | —   | 1.9 |
| 5122 Forward 1 SS, 1 Twist     | —   | —   | —   |  | —   | —   | 3.1 |