

's Progress Chart

1 Meter

Categories	Fall-in	Dive (001)	1 Som. (002)	1&½ (003)	2 Som. (004)	2&½ (005)
Front (100)						
Back (200)						
Reverse (300)						
Inward (400)						
Twister (5000)		1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists
Armstand (600)						

3 Meter

Categories	Fall-in	Dive (001)	1 Som. (002)	1&½ (003)	2 Som. (004)	2&½ (005)
Front (100)						
Back (200)						
Reverse (300)						
Inward (400)						
Twister (5000)		1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists
Armstand (600)						

5 Meter

Categories	Fall-in	Dive (001)	1 Som. (002)	1&½ (003)	2 Som. (004)	2&½ (005)
Front (100)						
Back (200)						
Reverse (300)						
Inward (400)						
Twister (5000)		1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists	1 2 3 4 5 ½ twists
Armstand (600)						

Positions: Straight= A Pike= B Tuck= C Free= D