

DIVE PROGRESSION CHARTS



**ONE TEAM.
WINNING WELL.
IN WATER.**

Progression Table - Mens Platform

	Basic Competitive List (6)	DD	Desirable Competitive List (6)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
						X6 dives / 6	4/4 7.6dd	Olympic Games World Champs - 1st, 3rd, 8th	
Senior A	109c, 207c, 307c, 407c, 5253b, 626c or 6243d	20.0 - 20.1	109c, 207b, 307c, 407c or 407b, 5255b or 5172b or 5156b, 626b or 6245d	21.0 - 21.5	109b, 407b, 5255b, 6245b, 626b, 207b	500+	200+	608/542/470	
								World Top 12	
Senior B	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3 - 19.4	109c, 207c, 307c, 407c, 5255b, 626c or 6245d	20.5-20.8	5255b, 626b, 6245d, 109c	465	185+	445+	74 per optional dive
								World Jnr Medal	
Team J (A3)	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3 - 19.4	109c, 207c, 307c, 407c, 5255b, 626c or 6245d	20.5-20.8	5255b, 626b, 6245d, 109c	438+	180+	545 - 590	180+ 73 - 82 per optional dive DD 24.0 -24.7
								European Jnr Medal	
Team J (A2)	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3 - 19.4	109c, 207c, 307c, 407c, 5255b, 626c or 6245d	20.5-20.8	5255b, 626b, 6245d, 109c	410+	175+	530+	175+ 71 per optional dive
								European Jnr Top 6	
Team J (A1)	107b, 207c, 305c, 407c, 5253b, 626c or 6243d	18.7 - 18.8	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3-19.4	5255b, 626b, 6245d, 109c	360+	175+	475+	175+ 60 per optional dive
								European Jnr Medal World Jnr Top 6	
Team Y (B2)	107b, 407c, 5253b, 6243d, 305c, 205b	18.3	107b, 407c, 5253b, 6243d, 305c, 207c	18.6	207c, 6243d, 626c	340+	175+	430+	175+ 63.75 per optional dive
								European Top 6	
Team Y (B1)	107b, 405b, 205c (7m), 305c, 5235d (7m) 624c (7m)	16.5	107b, 405b, 205b, 305c, 5253b, 626c	17.9	626c, 407c, 5253b, 6243d	320+	170+	400+	170+ 57.50 per optional dive
								Team Y Bench Mark for progression	
Team Y (C2)	107c (7m) 405c (7m) 205c (7m) 303c (5m) 624c (5m) 5233d (5m)	15.5	107c (7m) 405c (7m) 205c (7m) 305c (7m) 624c (7m) 5235d (7m)	16.3	305c, 405b, 105/7b - Introduction to contacts 10m 2x 5 per week	300+	160+	300+ (7 Dives)	160 + 47 per dive
								Team Y Bench Mark for progression	
Team Y (C1)	105b (5m) 405c (7m) 205c (7m) 303c (5m) 5233d (7m) 612b (7m)	14.4	107c (7m) 405c (7m) 205c (7m) 303c (5m) 624c (5m) 5233d (5m)	15.5	305c, 405b, 105/7b	300+	160+	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								Team Z Bench Mark for progression	
Team Z (D3)	105b (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m) 612b (5m)	13.3	105b (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m) 612b (5m)	13.2	405c (7m) 626c (7m) 5233d (7m) Introduction to contacts 7m 2x 5 per week	255+	150+	Development of skills for Junior Elites target score 265 (7 dives) & Team Y Assessment	
								Team Z Bench Mark for progression	
Team Z (D2)	105c (5m) 403b (5m) 203c (5m) 303c (5m) 5132d (5m) 612b (5m)	12.6	105b (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m) 612b (5m)	13.3	Focus - entry quality and consistency	240+	145+	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	

Progression Table - Mens 3m Springboard

	Basic Competitive List (6)	DD	Desirable Competitive List (6)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
						X6 dives / 5	5/5 9.5dd	Olympic Games World Champs - 1st, 3rd, 8th	
Senior A	109c, 207c, 307c, 407c, 5154d, 5353d or 5337d	21.1 - 21.2	109c, 207c, 307c, 407c, 5154d 5156b, 5337d	21.2 - 21.7	407b, 307b, 109b	500+	225	560/518/450	
								World Top 12	
Senior B	107b, 205b, 305b, 405b, 5154b, 5337d	19.9	109c, 207c, 307c, 407c, 5154d, 5353d or 5337d	21.1 - 21.2	307c, 407c, 109c, 207c, 5156b	450+	220+	420-430	70 -72 per dive
								World Jnr Medal	
Team J (A3)	107b, 205b, 305b, 405b, 5154b, 5152b or 5335d	18.4	109c, 205b, 307c, 407c, 5154b or 5337d or 5353b, 107b	20.0 - 20.5	307c, 407c, 109c,	410+	210+	560-575 (10 dives)	210 rqd.+ 70 - 73 per optional DD 26.6-27.3
								European Jnr Medal	
Team J (A2)	107b, 205b, 305b, 405b, 5152b, 5335d	18+	107b, 205b, 305b, 405b, 5154b, 5152b or 5335d	18.4	5154b, 5337d, 407c or 5353b	380+	205+	540-560 (10 dives)	205 rqd.+ 67-71 per optional
								European Jnr Top 6	
Team J (A1)	107c, 205c, 305c, 405c, 5152b, 5335d	17+	107b, 205b, 305b, 405b, 5152b, 5335d	18	107b, 5337d	350+	205+	520+ (10 dives)	205 rqd. + 63 per optional
								European Jnr Medal World Jnr Top 6	
Team Y (B2)	107c, 205c, 305c, 405c, 5235d, 5335d, 5152	16.8+	107b, 205b, 305b, 405b, 5152b, 5335d	18	5152b, 205b, 405b	335+	200+	420 -440 (9 dives)	200 + 55-60 per optional.
								European Top 6	
Team Y (B1)	105b, 205c, 305c, 405c, 5235d, 5134d or 107c	16.0+	107c, 205c, 305c, 405c, 5235d, 5335d or 5152b	16.8+	5152b, 205b, 405b	310+	200+	405+ (9 DIVES)	200 + 51.25 per optional.
								Team Y Bench Mark for progression	
Team Y (C2)	105b, 205c, 305c, 405c, 5233d, 5333d or 5134d or 107c	15.6+	107c, 205c, 305c, 405c, 5333d, 5134d	16.1+	107c	275+	195+	325+ (8 dives)	195 + 43.3 per optional.
								Team Y Bench Mark for progression	
Team Y (C1)	105b, 203b, 303b, 405c, 5132d, 5233d	14.2+	105b, 205c, 305c, 405c, 5233d, 5134d	15.6+	205c, 305c, 405c, 5233d, 5333d, 5134d	255+	185	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								Team Z Bench Mark for progression	
Team Z (D3)	105c, 203b, 303b, 403b, 5132d, 5231d	12.9	105b, 203b, 303b, 403b, 5132d, 5233d	13.6	5233d, 205c, 405c,	240+	171	Development of skills for Junior Elites target score 300 (8 dives) & Team Y Assessment	
								Team Z Bench Mark for progression	
Team Z (D2)	105c, 203c, 303c, 403b, 5132d, 5231d	12.3	105c/b, 203c/b, 303c/b, 403b, 5132d, 5231d	12.3 - 12.8	105b, 203b 303b 5233d	220+	165	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	

Progression Table - Women's Platform

	Basic Competitive List (5)	DD	Desirable Competitive List (5)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
	<i>All dives 10m unless stated</i>					X5 dives / 5	4/4 7.6dd	Olympic Games World Champs - 1st, 3rd, 8th	
Senior A	107b, 407c, 5253b, 6243d, 305c	15.4*	107b, 407c, 5253b, 6243d or 626c, 207c	15.9	207c, 307c	360	185+	440/385/325	
								World Top 12	
Senior B	107b, 405b, 5253b, 205b, 305c	14.6	107b, 407c, 5253b, 6243d or 626c, 305c	15.4*	6243d or 626c, 407c, 207c	320	175+	310 - 320	62 - 64 per optional dive
								World Jnr Medal	
Team J (A3)	107b, 405b, 5152b, 205b, 305c	14.3	107b, 405b or 407c, 5253b, 305c, 6243d or 205b or 626c or 207c	14.6 - 15.4	6243d or 626c , 407c, 5253b, 207c	275+	170+	435+	170 + 66.25 per optional dive. DD 18.9 - 19.3
								European Jnr Medal	
Team J (A2)	107b, 405b, 5152b, 205b, 305c	14.3	107b, 405b or 407c, 5253b, 305c, 6243d or 205b or 626c	14.6 - 15.4	6243d or 626c , 407c, 5253b, 207c	265+	170+	395+	170 + 56.25 per optional dive
								European Jnr Top 6	
Team J (A1)	107b, 405b, 5152b, 205c (7.5m), 305c,	14.3	107b, 405b or 407c, 5253b or 5152b 305c, 205b	14.6 - 15.4	6243d or 626c , 407c, 5253b, 207c	250+	170+	370+	170+ 50 per optional dive
								European Jnr Medal World Jnr Top 6	
Team Y (B2)	5152b, 405c (7.5m) or 405b, 107c or 107b, 205c 7.5m 305c or 624c 7.5m	13.8 - 14.3	107b, 405b or 407c, 5253b or 5152b 305c, 205b	14.6 - 15.4	107b, 5253b, 405b, 407c, 205b, 626c or 6243d	240+	170+	340+	170+ 57 per optional dive
								European Top 6	
Team Y (B1)	5233d (5m), 405c (7.5m), 205c (7.5m), 107c (7.5m) 305c	13.5	405b, 5152b or 5253b, 107b, 305c, 205c 7.5m	14.3+	6241d & 6243d	235+	165+	320+	165+ 52 per optional dive
								Team Y Bench Mark for progression	
Team Y (C2)	105b (5m) 405c (7.5m) 205c (7.5m) 5233d 5m, 612b or 624c (7.5m)	12.4 - 13.0	105b (5m) 405c (7.5m) 205c (7.5m) 5233d 5m 624c (7.5m)	13	Entries x10 x 10m max pear week	225+	155+	275+	155+ 40 per optional dive
								Team Y Bench Mark for progression	
Team Y (C1)	105b (7.5m) 405c (7.5m) 203b (5m) 5132d 5m, 612b or 303c 5m	11.4 - 11.7	105b (5m) 405c (7.5m) 205c (7.5m) 5233d 5m 624c (7.5m)	13	405c & 205c 7.5m	215+	155+	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								Team Z Bench Mark for progression	
Team Z (D3)	105c (5m) 403b (5m) 203c (5m) 303c (5m) 5132d (5m)	10.9	105c (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m)	11.1	Entries 7.5m x max 10 per week	200+	155+	Development of skills for Junior Elites target score 250 (7 dives) & Team Y Assessment	
								Team Z Bench Mark for progression	
Team Z (D2)	105c (5m) 403b (5m) 203c (5m) 303c (5m) 5132d (5m)	10.9	105c (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m)	11.1	203b, 105b (5m)	200+	150+	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	

Progression Table - Women's 3m Springboard

	Basic Competitive List (5)	DD	Desirable Competitive List (5)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
						X5 dives / 5	5/5 9.5dd	Olympic Games World Champs - 1st, 3rd, 8th	
Senior A	107b, 205b, 305b, 405b, 5152b or 5335d	15.0 -15.1	107b, 205b, 305b, 5154b or 5337d	15.5 - 15.6	5154b, 5337d, 407c, 307c	335	215	402/367/310	
								World Top 12	
Senior B	107b, 205c, 305c, 405b, 5152b or 5335d	14.6 - 14.7	107b, 205b, 305b, 405b, 5152b or 5335d	15.0 - 15.1	205b, 305b, 107b	310	210	290 -310	58 - 62 per dive
								World Jnr Medal	
Team J (A3)	107c, 205c, 305c, 405b, 5152b or 5335d	14.3 - 14.4	107b, 205b, 305b, 405b, 5152b or 5335d	15.0 - 15.1	205b, 305b, 107b	270+	205	450+ (9 dives)	205 + 61.25 per optional dive DD 21.3 -21.6
								European Jnr Medal	
Team J (A2)	105b, 205c, 305c, 405c, 5152b or 5335d	13.6- 13.7	107c, 205b, 305b, 405b, 5152b or 5335d	14.8 - 14.9	205b, 305b, 405b, 5152b	270+	200	430+ (9 dives)	195 + 58.75 per optional dive
								European Jnr Top 6	
Team J (A1)	105b, 205c, 305c, 405c, 5152b or 5235d or 5335d	13.5 - 13.7	105b, 205b, 305b, 405b, 5152b or 5335d	14.3 -14.4	107c/b, 205b, 305b	260+	195	410+ (9 dives)	195 + 53.75 per optional dive
								European Jnr Medal World Jnr Top 6	
Team Y (B2)	105b, 205c, 305c, 405c, or 5235d or 5333d	13.2 - 13.5	105b, 205c, 305c, 405c, 5235d or 5152b	13.5 - 13.7	107c, 405b	245+	195	360+ (8 dives)	195 + 55 per optional dive
								European Top 6	
Team Y (B1)	105b, 205c, 305c, 405c, or 5233d or 5333d or 5134d	13.1 - 13.2	105b, 205c, 305c, 405c, 5333d or 5134d	13.2	107c, 5235d	235+	190	340+ (8 dives)	190 + 50 per optional dive
								Team Y Bench Mark for progression	
Team Y (C2)	105b, 205c, 303b, 405c, or 5233d or 5134d	12.5 - 12.6	105b, 205c, 305c, 405c, 5233d or 5134d	13.1 - 13.2	205c, 305c,	220+	190	315+ (8 dives)	190 + 43.3 per optional.
								Team Y Bench Mark for progression	
Team Y (C1)	105b, 203b, 303b, 405c, 5132d, 5233d	11.7-1 1.9	105b, 205c, 305c, 405c, 5233d, 5134d	12.5 - 12.6	405c, 5233d	200+	180	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								Team Z Bench Mark for progression	
Team Z (D3)	105c, 203b, 303c, 403b, 5132d, 5231d	10.5+	105b, 203b, 303b, 403b, 5132d, 5233d	11.1 - 11.4	203 c/b 303c/b 5233d 105b	180+	171	Development of skills for Junior Elites target score 300 (8 dives) & Team Y Assessment	
								Team Z Bench Mark for progression	
Team Z (D2)	105c, 203c, 303c, 403b, 5132d	10.3+	105c, 203c/b, 303c/b, 403b, 5132d	10.3+	203 c/b 303c/b 5233d 105b	170+	165	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	