

Tracking Sheet

Divers Name _____

Divers Birthday _____

Level One: "Basic Jumps and Line-Ups"	
1-Meter	3-Meter
____ Front H-jump straight	____ Front H-jump straight
____ Back H-jump straight	____ Back H-jump straight
____ Front TYO jump straight	____ Front TYO jump straight
____ Back TYO jump straight	____ Back TYO jump straight
____ Front line-up grabbed (FLUG)	____ Front line-up grabbed (FLUG)

____ Gave Award for Level One

Level Two: "Intermediate Jumps and Line-Ups"	
1-Meter	3-Meter
____ Four-step 100 A	____ Four-step 100 A
____ Front line-up t-position (FLUT)	____ Front line-up t-position (FLUT)
____ Front tuck roll-off	____ Front tuck roll-off
____ Back line-up straight	____ Back line-up straight
____ Sitting back line-up tuck from mat	

____ Gave Award for Level Two

Level Three: "Basic Dives"	
1-Meter	3-Meter
____ Standing 101 hollow	____ Back line-up tuck from squat
____ Standing 101 open pike grabbed	____ 101C
____ 101C	____ 401C
____ 401C	

____ Gave Award for Level Three

Level Four: "Intermediate Dives"	
1-Meter	3-Meter
____ 201C	____ 201C
____ 301C	____ 301C

____ Gave Award for Level Four

Level Five: "Basic Somersaulting"	
1-Meter	3-Meter
____ 102C	____ 302C
____ 402C	____ 202C
____ 202C	
____ 302C	

____ Gave Award for Level Five

Level Six: "Intermediate Somersaulting"	
1-Meter	3-Meter
____ 102B (open pike w/ arms in "T")	____ 103C
____ 103C	____ 103B
____ 202A	____ 403C

____ Gave Award for Level Six

Level Seven: "Advanced Dives"	
1-Meter	3-Meter
____ 101B	____ 101B
____ 201B	____ 201B
____ 301B	____ 301B

____ 401B	____ 401B
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____ Gave Award for Level Seven

Level Eight: "Basic Twisting"	
1-Meter	3-Meter
____ 5122D	____ 5132D
____ 5221D	____ 5231D

____ Gave Award for Level Eight

Level Nine: "Advanced Somersaulting"	
1-Meter	3-Meter
____ 104C	____ 105C
____ 203C	____ 203B
____ 303C	____ 303B
____ 403C	____ 403B
	____ 404C

____ Gave Award for Level Nine

Level Ten: "Advanced Twisting"	
1-Meter	3-Meter
____ 5124D	____ 5134D
____ 5132D	____ 5233D
____ 5223D	____ 5331D
____ 5231D	____ 5333D
____ 302A	
____ 5321D	
____ 5323D	

____ Gave Award for Level Ten

Level Eleven: "Complex Somersaulting"	
1-Meter	3-Meter
____ 105C	____ 105B
____ 403B	____ 405C
____ 203B	____ 205C
____ 204C	____ 305C
____ 303B	
____ 304C	

____ Gave Award for Level Eleven

Level Twelve: "Complex Twisting"	
1-Meter	3-Meter
____ 5134D	____ 5136D
____ 5126D	____ 5235D
____ 5233D	____ 5335D
____ 5225D	
____ 5331D	
____ 5333D	

____ Gave Award for Level Twelve

