



AIR DIVE TABLES

TABLE 1: END-OF-DIVE LETTER GROUP

WARNING: EVEN STRICT COMPLIANCE WITH THESE TABLES WILL NOT GUARANTEE AVOIDANCE OF DECOMPRESSION SICKNESS. CONSERVATIVE USAGE IS STRONGLY RECOMMENDED.

RNT RESIDUAL NITROGEN TIME
+ADT ACTUAL DIVE TIME
TNT TOTAL NITROGEN TIME
 (USE THIS FIGURE TO DETERMINE END-OF-DIVE LETTER GROUP.)

START DEPTH		00 MAXIMUM DIVE TIME (MDT)										00 DIVE TIME REQUIRING DECOMPRESSION				
MSW	FSW	NUMBER MINUTES REQUIRED AT 5-MSW STOP (15-FSW)														
6	20	26	43	61	82	106	133	165	205	256	330	461				
9	30	17	27	38	50	62	76	91	107	125	145	167	193	223	260	
12	40	12	20	27	36	44	53	63	73	84	95	108	121	130	140	6
15	50	9	15	21	28	34	41	48	56	63	71	75		80		
18	60	7	12	17	22	28	33	39	45	50			55	2		
21	70	6	10	14	19	23	28	32	37	40			48	2		
24	80	5	9	12	16	20	24	28	30		35	1				
27	90	4	7	11	14	17	21	24	25		30	5				
30	100	4	6	9	12	15	18	20			25	5				
33	110	3	6	8	11	14	15				20	5				
36	120	3	5	7	10	12					15	5				
40	130	2	4	6	8						10	5				

MSW	6	9	12	15	18	21	24	27	30	33	36	40	NEW GROUP	A	B	C	D	E	F	G	H	I	J	K	L	M	N	
FSW	20	30	40	50	60	70	80	90	100	110	120	130																
27	18	13	11	9	8	7	6	5	5	5	5	4	← A	24:00 0:10	24:00 1:17	24:00 2:12	24:00 3:04	24:00 3:56	24:00 4:49	24:00 5:41	24:00 6:33	24:00 7:25	24:00 8:17	24:00 9:10	24:00 10:02	24:00 10:54	24:00 11:46	
44	28	21	17	14	12	10	9	8	8	7	6	6	← B	1:16 0:10	2:11 0:56	3:03 1:48	3:55 2:40	4:48 3:32	5:40 4:24	6:32 5:17	7:24 6:09	8:16 7:01	9:09 7:53	10:01 8:45	10:53 9:38	11:45 10:30		
62	39	29	23	19	16	14	12	11	10	9	8	8	← C		0:55 0:10	1:47 0:53	2:39 1:45	3:31 2:38	4:23 3:30	5:16 4:22	6:08 5:14	7:00 6:07	7:52 6:59	8:44 7:51	9:37 8:43	10:29 9:35		
83	51	37	29	24	20	18	16	14	13	12	11	11	← D		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30	5:13 4:22	6:06 5:14	6:58 6:07	7:50 6:59	8:42 7:51	9:34 8:43			
106	63	45	35	29	25	22	19	17	15	14	13	13	← E		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30	5:13 4:22	6:06 5:14	6:58 6:07	7:50 6:59	8:42 7:51				
134	77	55	42	35	29	25	22	20	18	16	15	15	← F		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30	5:13 4:22	6:06 5:14	6:58 6:07	7:50 6:59					
166	92	64	49	40	34	29	25	23	21	19	18	18	← G		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30	5:13 4:22	6:06 5:14	6:58 6:07						
206	108	74	57	46	39	30	25	23	21	19	18	18	← H		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30	5:13 4:22	6:06 5:14							
257	126	85	65	50	40	30	25	23	21	19	18	18	← I		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30	5:13 4:22								
331	146	97	73	55	40	30	25	23	21	19	18	18	← J		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38	4:21 3:30									
461	168	109	75	55	40	30	25	23	21	19	18	18	← K		0:52 0:10	1:44 0:53	2:37 1:45	3:29 2:38										
	194	122	88	65	45	30	25	23	21	19	18	18	← L		0:52 0:10	1:44 0:53	2:37 1:45											
	223	130	90	65	45	30	25	23	21	19	18	18	← M		0:52 0:10	1:44 0:53												
													← N		0:52 0:10													

AVOID REPETITIVE DIVES OVER 30 MSW (100 FSW)

TABLE 3: REPETITIVE DIVE TIMETABLE

00 LIGHT FACE / BLUE NUMBERS ARE RESIDUAL NITROGEN TIMES (RNT)
 00 BOLD FACE / RED NUMBERS ARE ADJUSTED MAXIMUM DIVE TIMES (AMDT).
 ACTUAL DIVE TIME SHOULD NOT EXCEED THIS NUMBER

TABLE 2: SURFACE INTERVAL TIME (SIT) TABLE

TIME RANGES IN HOURS : MINUTES



DIVE PLANNING WORKSHEET

_____ : _____ : _____ : _____ : _____ : _____ _____ : _____ : _____ : _____ : _____ : _____ 	_____ : _____ : _____ : _____ : _____ : _____ _____ : _____ : _____ : _____ : _____ : _____ 	_____ : _____ : _____ : _____ : _____ : _____ _____ : _____ : _____ : _____ : _____ : _____
<div style="margin-bottom: 10px;"> MDT = _____ MDT = _____ RNT = 0 </div> <div style="margin-bottom: 10px;"> + ADT/BT = _____ TNT = _____ </div>	<div style="margin-bottom: 10px;"> AMDT = _____ AMDT = _____ RNT = _____ </div> <div style="margin-bottom: 10px;"> + ADT/BT = _____ TNT = _____ </div>	<div style="margin-bottom: 10px;"> AMDT = _____ AMDT = _____ RNT = _____ </div> <div style="margin-bottom: 10px;"> + ADT/BT = _____ TNT = _____ </div>

TERMS AND ABBREVIATIONS USED IN DIVE PLANNING

ADT — Actual Dive Time — The time from the moment of descent until arriving at safety stop.

AMDT — Adjusted Maximum Dive Time — The maximum dive time for the depth of a dive, minus the RNT.

BT — Bottom Time — Time from the moment of descent to beginning of ascent.

Letter Group — A letter symbol for the amount of residual nitrogen remaining in the body from previous dives.

MDT — Maximum Dive Time — Maximum dive time allowed without requiring a decompression stop.

Repetitive Dive — Any dive made less than 24 hours after a previous dive.

RNT — Residual Nitrogen Time — The nitrogen (in minutes) remaining in the body from a dive or dives made within the past 24 hours.

Safety Stop — A 3 to 5 minute stop at 5 msw (15 fsw). Strongly recommended for all no-stop dives.

SIT — Surface Interval Time — The time spent at the surface between dives.

TNT — Total Nitrogen Time — The sum of RNT and ADT. This figure is used to obtain a letter group after repetitive dives.

REMEMBER

- Consider all dives made shallower than 6 msw (20 fsw) as 6-msw (20-fsw) dives.
- On any dive, ascend no faster than 1 fsw every two seconds (9 msw / 30 fsw per minute).
- For Maximum Dive Time, make all repetitive dives shallower than your previous dive.
- ** **RNT Exception Rule:** Any repetitive dives to 6 msw (20 fsw) or shallower should be summed and calculated as a single dive for accurate inert gas loading information.