

Danger! Read Warnings and Instructions below before using these Tables

▶ These tables were developed mathematically and have not been subjected to testing to validate them. They are more conservative than the US Navy No-Decompression tables. If these tables are used in the same manner as the USN tables you will have less allowable dive time.

▶ The maximum recommended ascent rate is 40 fsw/min. between 130 and 20 fsw, and 20 fsw/min. from 20 fsw to the surface. You should make at least a 3-5 minute safety stop at 10-30 fsw at the end of each dive. If you are within the no-decompression time limit when reaching the safety stop, and the 3-5 minutes causes you to exceed the no-decompression limit, your End-of-Dive Letter Group will be "N."

▶ Wait 24 hours after diving before ascending over 2000 feet in altitude.

▶ If these or any other dive tables are used incorrectly, it is possible to develop decompression sickness (DCS), which may result in severe injury or death. Although statistically less likely, it is possible to develop DCS even if dive tables are used correctly.

▶ In the event of a diving accident or illness, contact the Divers Alert Network (DAN) at their 24-hour emergency line (919) 684-8111.

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Depth in fsw	Table 1 – End-of-Dive Letter Group													
	Total (or Equivalent) Underwater Time (min.)													
20	10	25	40	60	85	110	135	170	215	275	325	569	∞	
30	5	15	25	40	50	65	75	95	110	130	150	175	205	225
35	5	15	20	30	40	50	60	70	85	100	120	135	155	165
40	5	10	20	25	35	40	45	55	60	70	85	100	120	135
50	-	10	15	20	25	30	35	37	40	50	55	60	70	75
60	-	5	10	15	20	23	25	27	30	35	40	45	47	50
70	-	5	10	13	15	17	20	23	25	27	30	33	35	40
80	-	5	7	↖	10	13	15	17	20	↖	25	27	↖	30
90	-	-	5	7	↖	10	↖	13	15	17	↖	20	23	25
100	-	-	-	5	7	↖	↖	10	↖	↖	13	15	17	20
110	-	-	-	-	5	↖	7	↖	↖	10	↖	↖	13	15
120	-	-	-	-	-	5	↖	↖	7	↖	↖	10	↖	↖
130	-	-	-	-	-	5	↖	↖	↖	↖	↖	↖	↖	↖

Maximum Depth of Repetitive Dive (fsw)													
20	30	35	40	50	60	70	80	90	100	110	120	130	
--	225	165	135	75	53	41	31	26	21	16	13	11	
∞	0	0	0	0	0	0	0	0	0	0	0	0	
--	207	158	128	71	52	40	30	25	20	15	12	10	
∞	18	7	7	4	0	0	0	0	0	0	0	0	
569	178	139	109	64	47	37	28	23	18	13	11	9	
∞	47	26	26	11	3	3	2	2	2	2	0	0	
369	154	122	92	57	43	33	26	21	16	12	10	8	
∞	71	43	43	18	7	7	4	4	4	3	0	0	
279	132	103	75	51	38	29	23	18	13	11	9	8	
∞	93	62	60	24	12	11	7	7	7	4	1	0	
219	113	86	65	45	34	26	21	16	12	10	8	7	
∞	112	79	70	30	16	14	9	9	8	5	2	0	
175	96	73	57	40	30	24	19	14	11	9	8	7	
∞	129	92	78	35	20	16	11	11	9	6	2	0	
140	80	62	49	36	27	22	17	12	10	8	7	6	
∞	145	103	86	39	23	18	13	13	10	7	3	0	
111	66	53	43	32	24	19	14	11	9	7	6	6	
∞	159	112	92	43	26	21	16	14	11	8	4	0	
86	53	44	37	28	22	17	12	9	8	7	6	5	
∞	172	121	98	47	28	23	18	16	12	8	4	0	
65	41	34	30	23	19	15	10	8	7	6	5	5	
∞	184	131	105	52	31	25	20	17	13	9	5	0	
45	29	24	21	17	14	12	9	8	6	6	5	5	
∞	196	141	114	58	36	28	21	17	14	9	5	0	
28	18	16	14	11	9	8	7	6	6	5	5	4	
∞	207	149	121	64	41	32	23	19	14	10	5	1	
12	8	7	6	5	4	4	3	3	3	3	2	2	
∞	217	158	129	70	46	36	27	22	17	12	8	3	

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
N														↖ 0:10 ↖ 0:17
M	↖	↖		↖		↖		↖		↖		↖		0:10 0:23 0:32
L											↖	0:10 0:23	0:24 0:39	0:33 0:48
K	↖	↖		↖		↖		↖		↖	0:10 0:25	0:24 0:41	0:40 0:57	0:49 1:06
J									↖	0:10 0:28	0:26 0:44	0:42 1:00	0:58 1:16	1:07 1:25
I	↖	↖		↖		↖		↖	0:10 0:29	0:29 0:50	0:45 1:06	1:01 1:21	1:17 1:38	1:26 1:47
H							↖	0:10 0:33	0:30 0:53	0:51 1:14	1:07 1:30	1:22 1:45	1:39 2:02	1:48 2:11
G	↖	↖		↖		↖	0:10 0:33	0:34 1:01	0:54 1:21	1:15 1:42	1:31 1:58	1:46 2:13	2:03 2:30	2:12 2:39
F					↖	0:10 0:42	0:34 1:06	1:02 1:34	1:22 1:54	1:43 2:15	1:59 2:31	2:14 2:46	2:31 3:03	2:40 3:12
E	↖	↖		↖	0:10 0:49	0:43 1:23	1:07 1:47	1:35 2:15	1:55 2:35	2:16 2:56	2:32 3:12	2:47 3:27	3:04 3:44	3:13 3:53
D			↖	0:10 1:03	0:50 1:43	1:24 2:17	1:48 2:41	2:16 3:09	2:36 3:29	2:57 3:50	3:13 4:06	3:28 4:21	3:45 4:38	3:54 4:47
C	↖	↖	0:10 1:19	1:04 2:20	1:44 3:00	2:18 3:34	2:42 3:58	3:10 4:26	3:30 4:46	3:51 5:07	4:07 5:23	4:22 5:38	4:39 5:55	4:48 6:04
B		0:10 2:30	1:20 3:41	2:21 4:42	3:01 5:22	3:35 5:56	3:59 6:20	4:27 6:48	4:47 7:08	5:08 7:29	5:24 7:45	5:39 8:00	5:56 8:17	6:05 8:26
A	0:10 12:00	2:31 12:00	3:42 12:00	4:43 12:00	5:23 12:00	5:57 12:40	6:21 13:10	6:49 13:30	7:09 14:00	7:30 14:20	7:46 14:40	8:01 14:50	8:18 15:10	8:27 15:30

Table 3 – Residual Nitrogen Time (min.)	
000	Numbers in White Boxes are Residual Nitrogen Time in minutes. Add to Total Time Underwater on a Repetitive Dive to obtain the Equivalent Underwater Time
000	Numbers in Blue Boxes are Adjusted No-Decompression Limits in minutes. Actual Total Time Underwater on a Repetitive Dive should not exceed this time.

New Group	Table 2 – Surface Interval Time (hrs:min)