

Naval Diving and Salvage Training Center  
**FORMULA BOOK**

IAW U.S. Navy Diving Manual



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## Changes

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## Surface Supplied Floodable Volumes

			<b>TOTAL</b>
FARCC	I/L 136 cu ft	O/L 65 cu ft	201 cu ft
SNDL chamber	I/L 123 cu ft	O/L 69 cu ft	192 cu ft
RCF 5000	I/L 162 cu ft	O/L 61 cu ft	223 cu ft
RCF6500	I/L 440 cu ft	O/L 144 cu ft	584 cu ft
TRCS	I/L 45 cu ft	O/L 45.5 cu ft	90.5 cu ft
Army aluminum chamber	I/L 192 cu ft	O/L 37 cu ft	229 cu ft
Steel chamber	I/L 285 cu ft	O/L 140 cu ft	425 cu ft
Steel chamber (T-ARS 50)	I/L 134 cu ft	O/L 68 cu ft	202 cu ft
Scuba tank alum. 100	.470 cu ft		
Scuba tank alum. 80	.399 cu ft		
Scuba tank alum. 63	.319 cu ft		
Scuba tank alum. 50	..281 cu ft		
Scuba tank steel 120	.526 cu ft		
Scuba tank steel 100	.445 cu ft		
Scuba tank steel 72	.420 cu ft		
O2 bottle (K) 1800	1.64 cu ft		
O2 bottle (J) 3500	1.568 cu ft		
O2 cylinder (E) (2015 psi)	.163 cu ft		
O2 cylinder (D) (2015 psi)	.099 cu ft		
FADS III – ASRA Flask	3.15 cu ft		
MK3 (LWDS) - Flask	.935 cu ft		
SDASS – DASS Flask	3.15 cu ft		
SDASS – VTA Tank	8 cu ft		
Mini VTA	4 cu ft		
OSF Complex Volumes			
• Wet chamber	7100 cu ft		
• ‘A’ and ‘E’ chambers	440 cu ft (each)		
• ‘B’ and ‘D’ chambers	620 cu ft (each)		
• ‘C’ chamber	540 cu ft		
• Trunk	330 cu ft		
• Service Lock (5 locks)	3.7 cu ft (each)		
OSF Complex Total			3300 cu ft
OSF Gas Flask (2400 psi) (8 @ 2400 psi)	78.7 cu ft ea		

## Conversion Formulas

Depth (fsw) to ATA :	$\frac{(\text{Depth} + 33)}{33} = \text{ATA}$	(Carry two decimal places)
ATA to Depth (fsw) :	$(\text{ATA} - 1) \times 33 = \text{Depth}$	(Round up to the next whole number)
PSIG to ATA :	$\frac{(\text{PSIG} + 14.7)}{14.7} = \text{ATA}$	(Carry two decimal places)
ATA to PSIG:	$(\text{ATA} - 1) \times 14.7 = \text{PSIG}$	(Round up to the next whole number)
Depth (fsw) to PSIG:	$\text{Depth} \times .445 = \text{PSIG}$	(Round up to the next whole number)
PSIG to Depth (fsw):	$\frac{\text{PSIG}}{.445} = \text{Depth}$	(Round up to the next whole number)
PP of gas	$\text{ATA} \times \% \text{ gas} = \text{PP in ATA}$	(Carry two decimal places)
SEV =	$\frac{\text{PP@ depth (in ATA)} \times 100\%}{1 \text{ ATA}}$	(Carry two decimal places)
CO <sub>2</sub> SEV =	$\frac{1.5}{\text{ATA}} \quad (\times 100 = \text{CO}_2 \%)$	(Carry two decimal places)
PSIG to PSIA:	$\text{PSIG} + 14.7 = \text{PSIA}$	(Round up to next whole number)
Percentage to decimal:	move decimal 2 places left or divide by 100	
Decimal to percent:	move decimal 2 places right or multiply by 100	
Decimal to minutes or seconds:	decimal $\times 60$ = minutes or seconds	
Minutes or seconds to decimal:	$\frac{\text{minutes or seconds}}{60} = \text{decimal}$	
PP in ATA to PP in mmHg:	$\text{ATA} \times 760$	
PP in mmHg to PP in ATA:	$\text{mmHg divided by } 760$	
Percent to ppm:	Move decimal 4 places right or multiply by 10,000	
PPM to percent:	Move decimal 4 places left or divide by 10,000	
AIR/O <sub>2</sub> Trading Ratio at that stop	$\frac{\text{Total Air Stop time}}{\text{Total O}_2 \text{ Stop time}} = \text{Air/O}_2 \text{ Trading Ratio}$	
AIR/O <sub>2</sub> Period Conversion	$\frac{\text{O}_2 \text{ Time Remaining} \times 1.1}{:30} = \text{Chamber O}_2 \text{ Periods}$ (Round up to next whole minute)	
SCF to ACF:	$\frac{\text{scf}}{\text{ata}} = \text{acf}$	(Carry two decimal places)
ACF to SCF:	$\text{ata} \times \text{acf} = \text{scf}$	(Carry two decimal places)
Fahrenheit to Celsius:	$\frac{5(\text{F} - 32)}{9} = \text{C}$	(Carry one decimal places)
Celsius to Fahrenheit:	$\frac{9}{5} \times \text{C} + 32 = \text{F}$	(Carry one decimal place)
Fahrenheit to Absolute:	$\text{F} + 460 = \text{Degrees Rankine}$	
Celsius to Absolute:	$\text{C} + 273 = \text{Degrees Kelvin}$	

## **Divers Breathing Requirements (ACFM)**

System	Descent / Bottom	Ascent/Decompression Stops	Heavy Work / Free Flow Vent
MK-21	1.4 ACFM	.75	6 ACFM / 8 ACFM
KM 37	1.4 ACFM	.75	6 ACFM / 8 ACFM
MK-20	1.4 ACFM		
SCUBA	1.4 ACFM		
O <sub>2</sub> BIBS	.3 ACFM		.3 ACFM

## **Surface Supplied Diving Formulas**

### Minimum Manifold Requirements (MMP):

#### A) MK-20 / MK-21 / KM-37

- 1) 60 FSW or shallower  
 $(D \times .445) + 90 = \text{MMP}$  (round up to next whole number)
- 2) 61 FSW to 130 fsw  
 $(D \times .445) + 135 = \text{MMP}$  (round up to next whole number)
- 3) 130 fsw or deeper  
 $(D \times .445) + 165 = \text{MMP}$  (round up to next whole number)

## Surface Supplied Diving Formulas (Continued)

### Compressors:

A) Rating: Capacity in SCFM and delivery of pressure in PSIG

B) Output: PSIG after charging – PSIG before charging =

$$\frac{\text{PSIG charged}}{14.7} = \text{ATM}$$

$$\text{ATM} \times N \times \text{FV} = \text{SCF (round down to next whole number)}$$

N = number of flasks

FV = floodable volume of flasks (cu ft)

$$\frac{\text{SCF charged}}{T} = \text{SCF output}$$

T = Actual time to charge in minutes

C) Compressor percent efficiency:

$$\frac{\text{Compressor SCFM output}}{\text{Compressor SCFM rating}} \times 100 = \text{Percent efficiency}$$

*(Round down to next whole number)*

D) Flow requirements:

$$\text{ATA} \times \text{ACFM} \times N = \text{SCFM required (round up to next whole number)}$$

ACFM - average consumption rate

N - number of divers including standby

E) Compressor depth limit: Note: add output of all compressors used to get total SCFM  
(Use the shallower output of steps 1 and 2)

1) SCFM output:

$$\frac{\text{Total SCFM} \times 33}{\text{ACFM} \times N} - 33 = \text{Depth Limit}$$

Total SCFM - Output of compressor (s)

ACFM - Average consumption rate

N - Number of divers including standby

2) Pressure rating:

*60 fsw or shallower*

$$\frac{\text{PSIG} - 90}{.445} = \text{Depth Limit (round down to next whole number)}$$



## Surface Supplied Diving Formulas (Continued)

*61 fsw to 130 fsw*

$$\frac{\text{PSIG} - 135}{.445} = \text{Depth Limit} \quad (\text{round down to next whole number})$$

*130 fsw or deeper*

$$\frac{\text{PSIG} - 165}{.445} = \text{Depth Limit} \quad (\text{round down to next whole number})$$

*PSIG = rated delivery pressure of compressor*

F) Time to charge:

$$\frac{\text{SCF deficit}}{\text{SCFM compressor output}} = \text{Time to charge} \quad (\text{minutes})$$

*(Round up to next whole number)*

## Duration of SCUBA Air Supply

There are three steps in calculating how long a diver's air supply will last:

1. Calculate the diver's consumption rate:

$$C = \frac{D + 33}{33} \times \text{RMV}$$

Where :  
C = Diver's consumption rate, standard cubic feet per minute (scfm)  
D = Depth, fsw  
RMV = Diver's Respiratory Minute Volume, actual cubic feet per minute (acfm)

## **Duration of SCUBA Air Supply (Continued)**

2. Calculate the available air capacity provided by the cylinders. The air capacity must be expressed as the capacity that will actually be available to the diver, rather than as a total capacity of the cylinder. The formula for calculating the available air capacity is:

$$V_a = \frac{P_c - P_m}{14.7} \times FV \times N$$

Where:  $P_c$  = Measured cylinder pressure, psig  
 $P_m$  = Minimum pressure of cylinder, psig  
FV = Floodable Volume (scf)  
N = Number of cylinders  
 $V_a$  = Capacity available

3. Calculate the duration of the available capacity (in minutes) by using this formula:

$$\text{Duration} = \frac{V_a}{C}$$

Where:  
 $V_a$  = Capacity available, scf  
C = Consumption rate, scfm

## **Air / Oxygen / Mixed Gas in Storage**

ATA x FV x N = total SCF in storage (round down to the next whole number)

ATA - PSIG in flasks  
FV - Floodable volume in flasks in cu ft  
N - Number of flasks

## Air / Oxygen / Mixed Gas Available for Use

$$\left( \frac{P_f - (P_{mf} + MMP)}{14.7} \right) \times FV \times N = \text{SCF available for use (round down to next whole number)}$$

$P_f$  - Flask pressure (psig)

$P_{mf}$  - Minimum flask pressure ( 200 psig air, 100 psig O<sub>2</sub>)

FV - Floodable volume in flasks in cu ft

N - Number of flasks

**Note:** If calculating air available for use for chamber operations where NO surface supplied diving is involved, DO NOT USE MMP. Use  $P_{mf}$  or regulator setting, whichever is higher.

**Note:** If calculating O<sub>2</sub> available for use for chamber operations, DO NOT USE MMP. Use  $P_{mf}$  + O<sub>2</sub> regulator setting.

## EGS Pressure Calculation

Minimum EGS pressure calculation example

(1) Planning calculations for minimum EGS pressure prior to any dive. Must be figured to divers first stop.

(2) Example:

(a) The Dive Supervisor needs to estimate how long it will take the divers to return to the stage and leave bottom for a 185 fsw stage depth. The divers are going to pick up an object about 15 feet from the stage; the estimated time to return will be 3 minutes.

(i) Estimated time of return to stage on a 185/10 Sur "D" O<sub>2</sub>

$$\frac{(185 + 33)}{33} \times 1.4 \times 3 \text{ min} = 27.72 \text{ scf}$$

(ii) Average Depth for ascent to first stop

$$\frac{(185 + 20)}{2} = 102.5'$$

$$\frac{(102.5 + 33)}{33} \times .75 \times 6 \text{ min Time To First Stop} = 18.45 \text{ SCF}$$

## EGS Pressure Calculation (Continued)

(iii) Formula used to figure the minimum amount of air in PSI needed to start this dive.

$$\begin{array}{l} 27.72 \text{ SCF Return to Stage} \\ +18.45 \text{ SCF Ascent to First Stop} \\ \hline \mathbf{46.17} \text{ Total Air to First Stop} \end{array}$$

$$\frac{(\text{Total Air Required})}{\text{FV of EGS}} \times 14.7 = (\text{Depth First stop} \times .445 + \text{Reg setting})$$

$$\frac{(46.17)}{.399} \times 14.7 + (20' \times .445 + 135) = \mathbf{1844.9 \text{ Minimum PSI}}$$

.399 Floodable volume for 80 cuft bottle

## Equivalent Air Depth Calculations

$$\text{EAD} = \frac{(1 - \text{O}_2\%) (D + 33)}{.79} - 33 \quad \text{or} \quad \frac{\text{ppN}_2}{\text{ATA} \mid \text{N}_2 \%}$$

EAD = equivalent depth on air (fsw)

D = diving depth mixture (fsw)

O<sub>2</sub> % = oxygen concentration in breathing medium (percentage decimal)

## Surfaced Supplied Air / Mixed Gas Requirements

Calculations are based on 1.4 ACFM for descent and bottom phase, .75 ACFM for ascent and decompression phase, and .3 ACFM for BIBS. ***Include standby in the number of divers for all phases of the dive.***

A) Descent and Bottom phase:

Bottom depth in ATA's x ACFM x N x T = SCF required (carry two decimal places)

ACFM - Average consumption rate

N - Number of divers including standby

T - Time in minutes

B) Ascent to first Air, HeO<sub>2</sub>, and O<sub>2</sub> stop: (ATA's calculated for average depth)

$$\frac{\text{Depth left} + \text{depth reached}}{2} = \text{average depth}$$

ATA x ACFM x N x T = SCF required (carry two decimal places)

C) Decompression stops:

1) Shift and Vent time O<sub>2</sub>/HeO<sub>2</sub> (50/50):

(stop depth in ATA x ACFM x N x T)  
(carry two decimal places)

**Note:** - The time used for planning purposes is 3 minutes as stated in the USN Dive Manual.

- For in water O<sub>2</sub> and HeO<sub>2</sub> dives use 8 ACFM for each diver venting

2) All Air / O<sub>2</sub> / HEO<sub>2</sub> stops:

Stop depth in ATA x ACFM x N x T = SCF required (carry two decimal places)

## Surfaced Supplied Air / Mixed Gas Requirements (Continued)

D) Total requirement for dive:

$$\frac{\text{Descent and bottom phase Ascent} + \text{Decompression stops}}{\text{Total SCF required (round up to next whole number)}}$$

- Note:**
1. Add chamber requirement if applicable
  2. Secondary system must be capable of recovering divers
  3. Add O<sub>2</sub> requirement if applicable
    - a. Amount of air used/required in PSIG:

$$\left( \frac{\text{SCF} \times 14.7}{N \times FV} \right) + 220 = \text{PSIG (Round up to next whole number)}$$

SCF = SCF required  
N = Number of Flasks  
FV = Floodable Volume  
PSIG = Pressure required in flasks

## Chamber / Air O<sub>2</sub> Requirements

A) Chamber air requirement:

1. Air required for compression:

$$\frac{\text{DEPTH} \times FV}{33} = \text{SCF required (Carry 2 decimal places)}$$

FV = floodable volume of chamber locks (cu. ft.)

2. Ventilation requirements:

ATA x total ventilation requirement x T = SCF required (carry 2 decimal places)

**On O<sub>2</sub>:** 12.5 acfm – each person on O<sub>2</sub> at rest, none required for tenders(s)

**On AIR:** 2 acfm – each person at rest, 4 acfm – each person not at rest (tenders are considered not at rest)

## Chamber / Air O<sub>2</sub> Requirements (Continued)

3. Air required for vents on ascent: (ATA figured for average depth)

$$\frac{\text{Depth left} + \text{depth reached}}{2} = \text{Average depth}$$

Average depth in ATA x vent requirement x T = SCF required  
(carry two decimal places) (T = time)

### To Determine Total Ventilation requirement:

**On O<sub>2</sub>:** 12.5 ACFM for each person on O<sub>2</sub> at rest, none required for tender(s)  
25 ACFM for each person who is not at rest

**On AIR:** 2 ACFM for each person at rest and 4 ACFM for each person not at rest (tenders are considered not at rest)

\*These ventilation rates apply only to the number of people breathing O<sub>2</sub> and are used only when no BIBS dump system is installed.

4. Total air vent requirements:

compression

vents on bottom

vents at stops

+vents on ascent

Total SCF required (round up to next whole number)

5. Reduction in ventilation:

$\frac{\text{SCF available}}{\text{SCF required}} \times \text{total vent requirement in ACFM} = \text{New vent rate (in acfm)*}$

\*(round to the next whole number)

## Chamber / Air O<sub>2</sub> Requirements (Continued)

B) Chamber O<sub>2</sub> consumption:

1. Descent, bottom and stops:

Bottom or stop depth in ATA x ACFM x N x T = SCF required (carry two decimal places)

2. Ascent:

Average depth in ATA x ACFM x N x T = SCF required  
(carry two decimal places)

3. Total O<sub>2</sub> consumption:

Descent, bottom and stops  
+ Ascent

Total SCF consumed (round up to next whole number)



## “T” Formulas

A “T” formula is an organizational device for expressing some mathematical concepts.

For example if:

**2 times 3 = 6 then  
6 divided by 2 = 3 then  
6 divided by 3 = 2**

This can be expressed in a “T” formula.

$$\begin{array}{r|l} 6 & \\ \hline 2 & 3 \end{array}$$

Of course, we should not use a “T” formula for  $2 \times 3 = 6$ , but it is useful to organize more complicated relationships.

**NOTE:** Do not round numbers when performing conversions (i.e. psig to ata) within the “T” formula, wait until reaching the final answer and round the answer IAW rounding instructions on page 4.

## “T” Formula for Standard Cubic Feet of Gas

$$\begin{array}{r|l} \text{scf} & \\ \hline \text{ata} & \text{fv (cu ft)} \end{array}$$

**Problem:** How many cubic feet of gas are there in a flask that has a floodable volume of 78.7 cu ft, and a pressure of 2400 psi?

$$\begin{array}{r|l} 12,927.67959 \text{ scf} & \\ \hline \begin{array}{l} 2400 + 14.7 \\ 14.7 \\ =164.2653061 \text{ ata} \end{array} & 78.7 \text{ cu ft} \end{array}$$

**ans: 12927.67 scf** (carry 2 decimal places)

## “T” Formula For Cubic Feet of Gas (Continued)

**Problem:** If 12,900.00 standard cubic feet of gas is in a 78.7 cu ft floodable volume flask, what is the resultant gauge pressure?

12,900.00 scf	
163.91359 ata	78.7 cu ft
<u>- 1</u>	
162.91359 atm	
<u>x 14.7</u>	
<b>2394.829859 psig</b>	

**ans: 2395 psig** (rounded up)

**Problem:** One 78.7 cubic foot floodable volume flask is on the line at 2400 psig. During a diving operation the flask pressure dropped to 2234 psig. What was the amount of gas used?

2400 psig
<u>-2234 psig</u>
=166 psig

888.7210879 scf	
166 psig / 14.7	78.7 cu ft
=11.292517 atm	

**aans: 888.72 scf** (carry 2 decimal places)

## “T” Formula for Equalization

scf		scf		scf
ata             fv1	+	ata             fv2	=	ata             fv1 + fv2

**Problem:** One 78.7 cubic foot floodable volume flask, charged to 1000 psi, is equalized with one 78.7 cubic foot floodable volume flask charged to 2400 psi. What is the new flask pressure?

5,432.4414 scf		12, 927.679 scf		18, 360.12 scf
<u>1,000 psi +</u> <u>14.7</u> 14.7 =69.02721 ata	78.7 cu ft	+	<u>2,400 psi +</u> <u>14.7</u> 14.7 =164.26530 ata	78.7 cu ft
		=	116.64625 ata <u>- 1</u> 115.64625 atm <u>x 14.7</u> = <b>1,699.9998 psig</b>	78.7 cu ft <u>x 2</u> 157.4 cu ft

**ans: 1,700 psig** (rounded up)

## “T” Formula for Final Pressure

$$\frac{\text{scf}}{\text{ata} \quad | \quad \text{fv1}} - \frac{\text{scf}}{\text{ata} \quad | \quad \text{fv2}} = \frac{\text{scf}}{\text{ata} \quad | \quad \text{fv1}}$$

**Problem:** One bank of eight 78.7 cu ft flasks charged @ 2000 psig is on line. The complex (3300 cu ft) is at 180 fsw. You press down to 279 fsw. What is the final pressure in the bank?

86,289.462 scf		9,900 scf		76,389.462 scf
$\frac{2000 \text{ psig} + 14.7}{14.7}$ <p>137.05442 ata</p>	-	$\frac{279 \text{ fsw} - 180 \text{ fsw}}{33}$ <p>= 3 ata</p>	=	$\frac{121.33014 \text{ ata} - 1}{120.33014 \text{ atm}}$ <p><u>X 14.7</u> 1,768.8530 psig</p>
$78.7 \times 8 = 629.6 \text{ cu ft}$		3,300 cu ft		629.6 cu ft

**ans: 1,769 psig** (rounded up)

## “T” Formula for Partial Pressure, Maximum O<sub>2</sub> and Cutoff Depth

PARTIAL PRESSURE IN ATA'S	
ATA	% OF GAS

**Problem:** What is the cutoff depth for a 25% O<sub>2</sub> mix maintaining a maximum partial pressure of O<sub>2</sub> at 1.6 ata?

1.6 ppO <sub>2</sub> ata	
$\frac{6.4 \text{ ata} - 1}{5.4 \text{ atm}}$ <p><u>x 33</u> 178.2 fsw</p>	$\frac{25\%}{= .25}$

**ans: 178 fsw**

## “T” Formula for Partial Pressure, Maximum O<sub>2</sub> and Cutoff Depth (Continued)

**Problem:** At 180 fsw, what percent gas is needed to maintain a partial pressure of 1.6 ata?

1.6 ppO <sub>2</sub> ata	
$\frac{180 \text{ fsw} + 33}{33}$	$\frac{1.6}{6.45454}$
= 6.45454 ata	= 24.78873 %

**ans: 24.79% O<sub>2</sub>** (rounded up)

**Problem:** At 180 fsw, and using 15% O<sub>2</sub>, what is the partial pressure in ata?

.9681818 ppO <sub>2</sub> ata	
$\frac{180 \text{ fsw} + 33}{33}$	$15\%$
= 6.45454 ata	= .15

**ans: .97 ppO<sub>2</sub> ata** (rounded up)

**Problem:** The ppO<sub>2</sub> is .97 ata, and the % of gas is 15%, what is the depth?

.97 ppO <sub>2</sub> ata	
$\frac{6.4666666 \text{ ata} - 1}{.15}$	$\frac{.97}{.15}$
5.4666666 atm	= 6.4666666 ata
$\frac{5.4666666 \text{ atm} \times 33}{1}$	
180.39999 fsw	

**ans: 180.4** (rounded up)

**Problem:** The ppO<sub>2</sub> is .97 ata and the depth is 180 fsw. What is the percent of gas?

.97 ppO <sub>2</sub> ata	
$\frac{180 \text{ fsw} + 33}{33}$	$\frac{.97}{6.45454}$
= 6.45454 ata	= 15.02816 %

**ans: 15.03%** (rounded up)

## General Gas Law Formula

$$\frac{P_1 \times V_1}{T_1} = \frac{P_2 \times V_2}{T_2}$$

The General Gas Law can be used to predict the behavior of a given quantity of gas when any of the factors change. **\*If some factors do not change in the equation ( $V_1 = V_2$ ), they can be removed from the equation.**

Express all temperatures in absolute (degrees Rankine) by adding 460 to existing temperatures ( $^{\circ}\text{F} + 460 = ^{\circ}\text{R}$ ).

Express all pressures or depths in absolute by adding 14.7 psi or 33 fsw.

$P_1$  – Initial Pressure (absolute)

To solve for any of the individual factors:

$V_1$  – Initial Volume

$T_1$  – Initial Temperature (absolute)

$$P_1 = \frac{P_2 V_2 T_1}{T_2 V_1}$$

$$P_2 = \frac{P_1 V_1 T_2}{T_1 V_2}$$

$$V_1 = \frac{P_2 V_2 T_1}{T_2 P_1}$$

$P_2$  – Final Pressure (absolute)

$V_2$  – Final Volume

$T_2$  – Final Temperature (absolute)

$$V_2 = \frac{P_1 V_1 T_2}{P_2 T_1}$$

$$T_1 = \frac{T_2 P_1 V_1}{P_2 V_2} \quad T_2 = \frac{P_2 V_2 T_1}{P_1 V_1}$$

**Problem:** The complex is pressed to 220 fsw, it cools from 92°F to 76°F, and no gas is added or lost, what is the final depth?

$$P_2 = \frac{P_1 V_1 T_2}{T_1 V_2}$$

**\*The volume of the complex is not going to change  
(Complex fv = 3300 cu ft), so remove  $V_1$  and  $V_2$  from the equation.**

$$P_1 = \frac{220 \text{ fsw} + 33}{33} = 7.666666 \text{ ata}$$

$$T_2 = 76^{\circ}\text{F} + 460 = 536^{\circ}\text{R}$$

$$T_1 = 92^{\circ}\text{F} + 460 = 552^{\circ}\text{R}$$

$$P_2 = \frac{7.666666 \times 536}{552}$$

$$P_2 = \frac{4109.333332}{552} = 7.4444442 \text{ ata}$$

$$P_2 = 7.4444442 - 1 = 6.4444442 \text{ atm}$$

$$P_2 = 6.4444442 \times 33 = \mathbf{212.66665 \text{ fsw}}$$

**ans: 212 fsw**

## Metabolic Makeup Formula

$$(\text{ppO}_2 \text{ desired} - \text{ppO}_2 \text{ present}) \times 33 \times \frac{\% \text{ of gas being added}}{100} = \text{ft of O}_2$$

The metabolic makeup formula is used to calculate how much oxygen addition is needed to maintain the proper partial pressure limits.

**Problem:** The  $\text{ppO}_2$  is .40 ata and we wish to increase it to .45 ata, how many additional feet must we press down with 100% oxygen?

$$(.45 - .40) = .05$$

$$.05 \times 1 \times 33 = 1.65 \text{ ft of O}_2$$

**ans: 1.65 ft of O<sub>2</sub>**

To bring the  $\text{ppO}_2$  up to .45 ata, depth in the complex must be increased 1.65 ft using pure oxygen.

## Formulas Used in Diving Demolitions Operations

# DEMOLITIONS



### Steel Cutting

A) Structural Steel (I or H BEAMS)

$$P = \frac{3}{8} A$$

P = Pounds of Explosive Required  
A = Area (in square inches)

B) Steel Bars, Cables and Chain

$$P = A$$

C) Ribbon Charge

Thickness of charge =  $\frac{1}{2}$  the thickness of the target  
Width of charge = 3 times the thickness of the charge  
Length of charge = length of desired cut

## Steel Cutting (Continued)

### D) Cross Fracture Charge (Saddle Charge)

Target Diameter Less Than 3”:

Thickness of charge	= 1” thick (thickness of M112 block)
Long axis of charge	= circumference of the target
Base of charge	= ½ of the long axis

Target Diameter of 3” or Greater:

Thickness of charge	= 1” thick
Long axis of charge	= circumference of the target + 6.25
Base of charge	= ½ of the long axis

**NOTE: Circumference = Diameter x 3.14**

### E) Stress Wave Method (Diamond Charge)

Target Diameter Less Than 3”:

Thickness of charge	= 1” thick (thickness of M112 block)
Long axis of charge	= circumference of the target
Base of charge	= ½ of the long axis

Target Diameter 3” or Greater:

Thickness of charge	= 1” thick
Long axis of charge	= circumference of the target + 6.25
Base of charge	= ½ of the long axis



## Timber and Pile Cutting

External Charge

$$P = \frac{D^2}{40}$$

P = Pounds of Explosives Required

D = Diameter of Timber in Inches

Internal Charge

$$P = \frac{D^2}{250}$$

P = Pounds of Explosives Required

D = Diameter of Timber in Inches

## Calculation of Time Fuse Burn

1. Burn 6' of time fuse then convert burn time (BT) into seconds.  
(BT = 4 minutes (:4 x ::60 = 240 sec).
2. Divide seconds by feet (6) = burn rate (BR) seconds per foot. (BR = 40 sec).
3. Establish safe separation time (SST) in seconds.  
(SST is 8 minutes 26 seconds = 506 sec).
4. Divide SST (506) by BR (40). This equals 12.65.
5. Number that is left of decimal is feet of time fuse needed. (12).
6. Multiply remaining (.65) by 12. (7.80).
7. The number left of the decimal is inches of time fuse needed. (7). (In addition to the 12 feet, step 5).
8. Take the number to the **right** of the decimal (.80) and multiply it by 8. This number to the **left** of the decimal is the 1/8's of an inch of time fuse to add to the inches from step (7). (.80 x 8 = 6.4) The ".4" is discarded. So 6/8's or 3/4's of an inch is added to the number of inches in step 8.
9. **This results in a total time fuse length of 12 feet and 7 - 3/4 inches.**

## Breaching Concrete and Masonry

### External Charge

$$P = R^3 KC$$

P = Pounds of Explosives Required

R = Breaching Radius (thickness of the target)

K = Material Factor

C = Charge Placement and Tamping Factor

### Internal Charge

$$P = R^3 KC$$

P = Pounds of Explosives Required

R = Breaching Radius (if charge is placed at center of target the radius is equal to only half the target thickness)

K = Material Factor

C = Charge Placement and Tamping Factor

NOTE: Add 10% to a calculated charge of less than 50 lbs for a single target.

NOTE: To calculate these formulas for breaching concrete and masonry, refer to values for K and C factors.

1. Calculate for amount of TNT needed.
2. Add the 10% if amount for a single target is less than 50 lbs.
3. Multiply the number of targets.
4. Divide the relative effectiveness of explosive being used.

NOTE: To calculate the number of charges required to breach a wall use the following formula:

$$N = L / 2R \text{ (round up to the next whole number)}$$

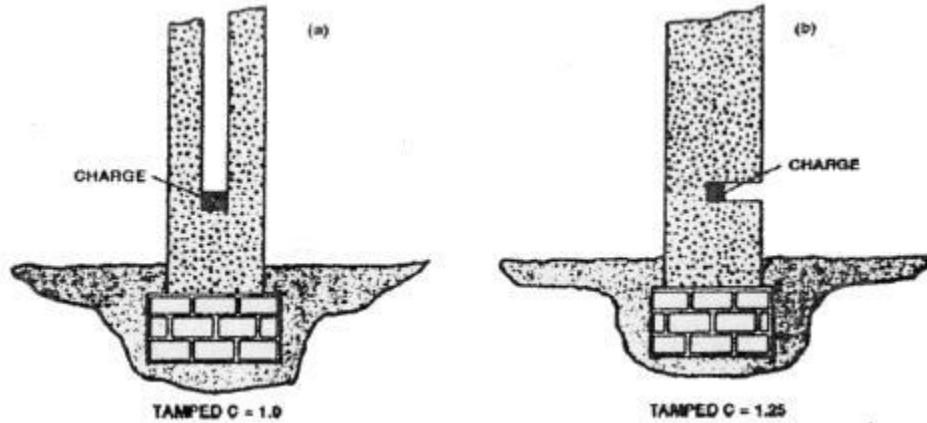
N = Number of charges required

L = Length of the wall

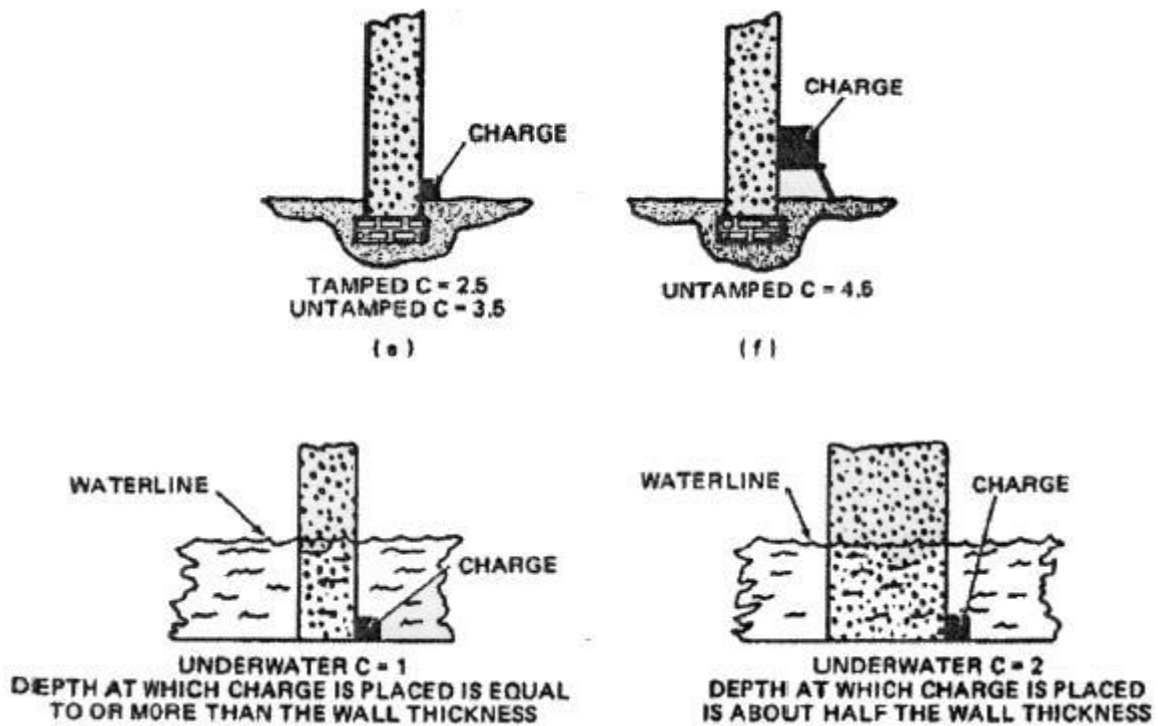
R = Breaching Radius (remember that if using internal charges the radius will only be  $\frac{1}{2}$  the wall thickness)

## Breaching Concrete and Masonry (Continued)

Value of C for the R3KC formula for an Internal Breaching Charge:



Value of C for the R3KC formula for an External Wall Breach Charge:



## Breaching Concrete and Masonry (Continued)

Values for Relative Effectiveness Factor (REF) (Characteristics of U.S. Military Explosives)

Explosive	Typical Uses	Average Rate of Detonation (Feet Per Second)	Relative Effectiveness as an External Charge (TNT = 1.00)	Intensity of Toxic Fumes	Water Resistance
Amatol	Bursting Charge	16,000 fps	1.17	Dangerous	Poor
Ammonium Nitrate	Cratering Charge and Composition Explosives	8,900 fps	0.42	Dangerous	None
Black Powder	Time Blasting Fuse	1300 fps	0.55	Dangerous	None
CH-6	Demolition Charge Booster Charge	28,000 fps	1.50	Dangerous	Excellent
Composition A-3	Booster Charge and Bursting Charge	26,500 fps	1.35	Dangerous	Good
Composition A-5	Booster Charge	29, 300 fps	1.40	Dangerous	Excellent
Composition B	Bursting Charge	25, 600 fps	1.35	Dangerous	Excellent
Composition C-3	Demolition Charge	25, 000 fps	1.26	Dangerous	Good
Composition C-4	Demolition Charge	26, 400 fps	1.34	Slight	Excellent
DXN-1	Primary Charge	21, 600 fps	1.50	Dangerous	Good
H-6	Demolition Charge	24, 300 fps	1.35	Dangerous	Excellent
HBX-1	Demolition Charge	24, 600 fps	1.33	Dangerous	Excellent
	Demolition Charge	24, 700 fps	1.11	Dangerous	Excellent
	Demolition Charge	30, 000 fps	1.50	Dangerous	Excellent
Military Dynamite	Demolition Charge	20, 000 fps	0.92	Dangerous	Fair
Octol - 70/25	Demolition Charge	27, 500 fps	1.16	Dangerous	Excellent
Octol - 70/30	Demolition Charge	26, 400 fps	1.15	Dangerous	Excellent
PBX	See NAVSEA SW010-AG-ORD-010				
Pentolite 50/50	Booster Charge and Bursting Charge	24, 400 fps	1.26	Dangerous	Excellent
PETN	Detonation Cord, Blasting Cap and Demolition Charge	27, 200 fps	1.66	Slight	Excellent
RDX	Blasting Caps, Composition Explosives	27, 400 fps	1.60	Dangerous	Excellent
Tetryl	Booster Charge and Composition Explosives	23, 300 fps	1.25	Dangerous	Excellent
Tetrytol 75/25	Demolition Charge	23, 000 fps	1.20	Dangerous	Excellent
TNT	Demolition Charge and Composition Explosives	22, 600 fps	1.00	Dangerous	Excellent
Sheet Explosive M118	Cutting Charge	24, 000 fps	1.14	Dangerous	Excellent
Shaped Charges	Cutting Charge	25, 600 fps	1.17	Dangerous	Excellent

## Breaching Concrete and Masonry (Continued)

Values of K for the  $R^3KC$  Formula

Material	R	K
Ordinary Earth	All values	0.05
Poor masonry, shale and hardpan, good timber and earth construction	All values	0.225
Good masonry, ordinary concrete and rock	Less than 3 ft	0.35
	3 to 5 ft	0.275
	5 to 7 ft	0.25
	More than 7 ft	0.225
Dense concrete and first class masonry	Less than 3 ft	0.45
	3 to 5 ft	0.375
	5 to 7 ft	0.325
	More than 7 ft	0.275
Reinforced concrete (concrete only, Will not cut reinforcing steel)	Less than 3 ft	0.70
	3 to 5 ft	0.55
	5 to 7 ft	0.50
	More than 7 ft	0.425

## Rigging Formulas

C = Circumference  
BS = Breaking Strength  
SWL or SWC = Safe Working Load/Capacity  
SF = Safety Factor  
D = Diameter

Breaking strength of manila line:  $C^2 \times 900 = BS$

Breaking strength of nylon line:  $C^2 \times 2400 = BS$

Safe working load for line:  $\frac{BS}{SF} = SWL$

SWL of a shackle:  $3 \times D^2 \times 1 \text{ ton} = SWL \text{ (tons)}$

SWL of a hook:  $2/3 \times D^2 \times 1 \text{ ton} = SWL$

Safe working load for wire rope:  $D^2 \times 8 = SWL \text{ (tons)}$

CLIPS: # of wire rope clips needed  
 $3 \times D + 1 = \# \text{ of clips}$

Spacing between wire rope clips  
 $6 \times D = \text{spacing (inches)}$

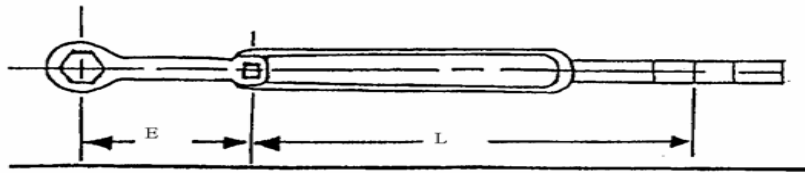
SEIZINGS: # of seizings for wire rope  
 $3 \times D = \# \text{ of seizings (minimum of 3)}$

Spacing of seizings for wire rope  
 $2 \times D = \text{spacing (inches)}$

Width of seizings for wire rope  
 $1 \text{ to } 1.5 \times D = \text{width (inches)}$

## **HAND TOOLS**

- $T(W) = T(E) \times L / L + E$ 
  - E = Effective length of adapter
  - L = Length of the wrench
  - T(W) = Torque set or read on wrench
  - T(E) = Applied Torque (required torque)



8



**Table 9-7. No-Decompression Limits and Repetitive Group Designators for No-Decompression Air Dives.**

Depth (fsw)	No-Stop Limit	Repetitive Group Designation															
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
10	Unlimited	57	101	158	245	426	*										
15	Unlimited	36	60	88	121	163	217	297	449	*							
20	Unlimited	26	43	61	82	106	133	165	205	256	330	461	*				
25	595	20	33	47	62	78	97	117	140	166	198	236	285	354	469	595	
30	371	17	27	38	50	62	76	91	107	125	145	167	193	223	260	307	371
35	232	14	23	32	42	52	63	74	87	100	115	131	148	168	190	215	232
40	163	12	20	27	36	44	53	63	73	84	95	108	121	135	151	163	
45	125	11	17	24	31	39	46	55	63	72	82	92	102	114	125		
50	92	9	15	21	28	34	41	48	56	63	71	80	89	92			
55	74	8	14	19	25	31	37	43	50	56	63	71	74				
60	60	7	12	17	22	28	33	39	45	51	57	60					
70	48	6	10	14	19	23	28	32	37	42	47	48					
80	39	5	9	12	16	20	24	28	32	36	39						
90	30	4	7	11	14	17	21	24	28	30							
100	25	4	6	9	12	15	18	21	25								
110	20	3	6	8	11	14	16	19	20								
120	15	3	5	7	10	12	15										
130	10	2	4	6	9	10											
140	10	2	4	6	8	10											
150	5	2	3	5													
160	5		3	5													
170	5			4	5												
180	5			4	5												
190	5			3	5												

\* Highest repetitive group that can be achieved at this depth regardless of bottom time.

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual nitrogen time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the Air Decompression Tables to compute decompression for such dives.

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual nitrogen time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than these are not repetitive dives. Use actual bottom times in the Air Decompression Tables to compute decompression for such dives.

Dive Depth	Repetitive Group at Beginning of Surface Interval															Repetitive Group at End of the Surface Interval															
	Z	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A	Z	O	N	M	L	K	J	I	H	G	F	E	D	C	B
10	**	**	**	**	**	**	**	**	**	**	**	427	246	159	101	58	**	**	**	**	**	**	**	**	298	184	164	122	89	61	37
15	**	**	**	**	**	**	**	**	**	**	**	450	268	168	134	108	83	62	44	27	**	**	**	**	206	168	134	108	83	62	44
20	**	**	**	**	**	462	331	257	206	168	134	108	83	62	44	27	**	**	**	**	**	**	**	**	218	164	122	89	61	37	
25	†	†	470	354	286	237	198	167	141	118	98	79	63	48	34	21	**	**	**	**	**	**	**	**	118	98	79	63	48	34	21
30	372	308	261	224	194	168	146	126	108	92	77	63	51	39	28	18	**	**	**	**	**	**	**	**	92	77	63	51	39	28	18
35	245	216	191	169	149	132	116	101	88	75	64	53	43	33	24	15	**	**	**	**	**	**	**	**	75	64	53	43	33	24	15
40	188	169	152	138	122	109	97	85	74	64	55	45	37	29	21	13	**	**	**	**	**	**	**	**	64	55	45	37	29	21	13
45	154	140	127	115	104	93	83	73	64	56	48	40	32	25	18	12	**	**	**	**	**	**	**	**	56	48	40	32	25	18	12
50	131	120	109	99	90	81	73	65	57	49	42	35	29	23	17	11	**	**	**	**	**	**	**	**	49	42	35	29	23	17	11
55	114	105	96	88	80	72	65	58	51	44	38	32	26	20	15	10	**	**	**	**	**	**	**	**	44	38	32	26	20	15	10
60	101	93	86	79	72	65	58	52	46	40	35	29	24	19	14	9	**	**	**	**	**	**	**	**	40	35	29	24	19	14	9
70	83	77	71	65	59	54	49	44	39	34	29	25	20	16	12	8	**	**	**	**	**	**	**	**	34	29	25	20	16	12	8
80	70	65	60	55	51	46	42	38	33	29	25	22	18	14	10	7	**	**	**	**	**	**	**	**	29	25	22	18	14	10	7
90	61	57	52	48	44	41	37	33	29	26	22	19	16	12	9	6	**	**	**	**	**	**	**	**	26	22	19	16	12	9	6
100	54	50	47	43	40	36	33	30	26	23	20	17	14	11	8	5	**	**	**	**	**	**	**	**	23	20	17	14	11	8	5
110	48	45	42	39	36	33	30	27	24	21	18	16	13	10	8	5	**	**	**	**	**	**	**	**	21	18	16	13	10	8	5
120	44	41	38	35	32	30	27	24	22	19	17	14	12	9	7	5	**	**	**	**	**	**	**	**	19	17	14	12	9	7	5
130	40	37	35	32	30	27	25	22	20	18	15	13	11	9	6	4	**	**	**	**	**	**	**	**	18	15	13	11	9	6	4
140	37	34	32	30	27	25	23	21	19	16	14	12	10	8	6	4	**	**	**	**	**	**	**	**	16	14	12	10	8	6	4
150	34	32	30	28	26	23	21	19	17	15	13	11	9	8	6	4	**	**	**	**	**	**	**	**	15	13	11	9	8	6	4
160	32	30	28	26	24	22	20	18	16	14	13	11	9	7	5	3	**	**	**	**	**	**	**	**	14	13	11	9	7	5	3
170	30	28	26	24	22	21	19	17	15	14	12	10	8	7	5	3	**	**	**	**	**	**	**	**	13	12	10	8	7	5	3
180	28	26	25	23	21	19	18	16	14	13	11	10	8	6	5	3	**	**	**	**	**	**	**	**	12	11	10	8	6	5	3
190	26	25	23	22	20	18	17	15	14	12	11	9	8	6	5	3	**	**	**	**	**	**	**	**	11	10	9	8	6	5	3

Residual Nitrogen Times (Minutes)

<sup>xx</sup> Residual Nitrogen Time cannot be determined using this table (see [paragraph 9-9.1 subparagraph 8](#) for instructions).

† Read vertically downward to the 30 fsw repetitive dive depth. Use the corresponding residual nitrogen times to compute the equivalent single dive time. Decompress using the 30 fsw air decompression table.

**Table 2A-1. No-Decompression Limits and Repetitive Group Designators for Shallow Water Air No-Decompression Dives.**

Depth (faw)	No-Stop Limit (min)	Repetitive Group Designation															
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
30	371	17	27	38	50	62	76	91	107	125	145	167	193	223	260	307	371
31	334	16	26	37	48	60	73	87	102	119	138	158	182	209	242	282	334
32	304	15	25	35	46	58	70	83	98	114	131	150	172	197	226	261	304
33	281	15	24	34	45	56	67	80	94	109	125	143	163	186	212	243	281
34	256	14	23	33	43	54	65	77	90	104	120	137	155	176	200	228	256
35	232	14	23	32	42	52	63	74	87	100	115	131	148	168	190	215	232
36	212	14	22	31	40	50	61	72	84	97	110	125	142	160	180	204	212
37	197	13	21	30	39	49	59	69	81	93	106	120	136	153	172	193	197
38	184	13	21	29	38	47	57	67	78	90	102	116	131	147	164	184	
39	173	12	20	28	37	46	55	65	76	87	99	112	126	141	157	173	
40	163	12	20	27	36	44	53	63	73	84	95	108	121	135	151	163	
41	155	12	19	27	35	43	52	61	71	81	92	104	117	130	145	155	
42	147	11	19	26	34	42	50	59	69	79	89	101	113	126	140	147	
43	140	11	18	25	33	41	49	58	67	76	87	98	109	122	135	140	
44	134	11	18	25	32	40	48	56	65	74	84	95	106	118	130	134	
45	125	11	17	24	31	39	46	55	63	72	82	92	102	114	125		
46	116	10	17	23	30	38	45	53	61	70	79	89	99	110	116		
47	109	10	16	23	30	37	44	52	60	68	77	87	97	107	109		
48	102	10	16	22	29	36	43	51	58	67	75	84	94	102			
49	97	10	16	22	28	35	42	49	57	65	73	82	91	97			
50	92	9	15	21	28	34	41	48	56	63	71	80	89	92			

Table 2A-2. Residual Nitrogen Time Table for Repetitive Shallow Water Air Dives.

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual nitrogen time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the Air Decompression Tables to compute decompression for such dives.

															A		:10
															B		:10 1:17
															C		:10 1:16 3:36 *
															D		:10 :56 2:12
															E		:10 :53 2:11 4:31 *
															F		:10 :52 1:47 3:03 5:23 *
															G		:10 :53 1:45 2:40 3:56
															H		:10 :52 1:44 2:39 3:55 6:15 *
															I		:10 :53 1:45 2:38 3:32 4:49
															J		:10 :52 1:44 2:37 3:31 4:48 7:08 *
															K		:10 :53 1:45 2:38 3:30 4:24 5:41
															L		:10 :52 1:44 2:37 3:29 4:23 5:40 8:00 *
															M		:10 :53 1:45 2:38 3:30 4:22 5:17 6:33
															N		:10 :52 1:44 2:37 3:29 4:21 5:16 6:32 8:52 *
															O		:10 :53 1:45 2:38 3:30 4:22 5:14 6:09 7:25
															P		:10 :52 1:44 2:37 3:29 4:21 5:13 6:08 7:24 9:44 *
															Q		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 7:01 8:17
															R		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 7:00 8:16 10:36 *
															S		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:53 9:10
															T		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:52 9:09 11:29 *
															U		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:45 10:02
															V		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:44 10:01 12:21 *
															W		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:38 10:54
															X		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:37 10:53 13:13 *
															Y		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:35 10:30 11:46
															Z		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:34 10:29 11:45 14:05 *
															AA		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:35 10:28 11:22 12:38
															AB		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:34 10:27 11:21 12:37 14:58 *
															AC		:10 :53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:35 10:28 11:20 12:14 13:31
															AD		:10 :52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:34 10:27 11:19 12:13 13:30 15:50 *
Dive Depth	Repetitive Group at Beginning of Surface Interval															Repetitive Group at End of Surface Interval	
	Z	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A	
30	372	308	261	224	194	168	146	126	108	92	77	63	51	39	28	18	
31	334	282	243	210	183	159	139	120	103	88	74	61	49	38	27	17	
32	305	262	227	198	173	151	132	115	99	85	71	59	47	36	26	17	
33	282	244	213	187	164	144	126	110	95	81	69	57	46	35	25	16	
34	262	229	201	177	156	138	121	105	91	78	66	55	44	34	25	16	
35	245	216	191	169	149	132	116	101	88	75	64	53	43	33	24	15	
36	231	204	181	161	143	126	111	98	85	73	62	51	41	32	23	15	
37	218	194	173	154	137	122	107	94	82	70	60	50	40	31	23	14	
38	207	185	165	148	132	117	103	91	79	68	58	48	39	30	22	14	
39	197	177	158	142	127	113	100	88	77	66	56	47	38	29	21	14	
40	188	169	152	136	122	109	97	85	74	64	55	45	37	29	21	13	
41	180	163	146	132	118	105	93	82	72	62	53	44	36	28	20	13	
42	173	156	141	127	114	102	91	80	70	61	52	43	35	27	20	13	
43	166	150	136	123	110	99	88	78	68	59	50	42	34	26	19	12	
44	160	145	131	119	107	96	85	75	66	57	49	41	33	26	19	12	
45	154	140	127	115	104	93	83	73	64	56	48	40	32	25	18	12	
46	149	136	123	111	101	90	81	71	63	54	46	39	32	25	18	12	
47	144	131	119	108	98	88	78	70	61	53	45	38	31	24	18	11	
48	139	127	116	105	95	85	76	68	60	52	44	37	30	24	17	11	
49	135	123	112	102	92	83	74	66	58	51	43	36	30	23	17	11	
50	131	120	109	99	90	81	73	65	57	49	42	35	29	23	17	11	
Residual Nitrogen Times (Minutes)																	

**Table 9-9. Air Decompression Table.**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
30 FSW														
371	1:00	AIR									0	1:00	0	Z
		AIR/O <sub>2</sub>									0	1:00		
380	0:20	AIR									5	6:00	0.5	Z
		AIR/O <sub>2</sub>									1	2:00		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
420	0:20	AIR									22	23:00	0.5	Z
		AIR/O <sub>2</sub>									5	6:00		
480	0:20	AIR									42	43:00	0.5	
		AIR/O <sub>2</sub>									9	10:00		
540	0:20	AIR									71	72:00	1	
		AIR/O <sub>2</sub>									14	15:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
600	0:20	AIR									92	93:00	1	
		AIR/O <sub>2</sub>									19	20:00		
660	0:20	AIR									120	121:00	1	
		AIR/O <sub>2</sub>									22	23:00		
720	0:20	AIR									158	159:00	1	
		AIR/O <sub>2</sub>									27	28:00		
35 FSW														
232	1:10	AIR									0	1:10	0	Z
		AIR/O <sub>2</sub>									0	1:10		
240	0:30	AIR									4	5:10	0.5	Z
		AIR/O <sub>2</sub>									2	3:10		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
270	0:30	AIR									28	29:10	0.5	Z
		AIR/O <sub>2</sub>									7	8:10		
300	0:30	AIR									53	54:10	0.5	Z
		AIR/O <sub>2</sub>									13	14:10		
330	0:30	AIR									71	72:10	1	Z
		AIR/O <sub>2</sub>									18	19:10		
360	0:30	AIR									88	89:10	1	
		AIR/O <sub>2</sub>									22	23:10		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
420	0:30	AIR									134	135:10	1.5	
		AIR/O <sub>2</sub>									29	30:10		
480	0:30	AIR									173	174:10	1.5	
		AIR/O <sub>2</sub>									38	44:10		
540	0:30	AIR									228	229:10	2	
		AIR/O <sub>2</sub>									45	51:10		
600	0:30	AIR									277	278:10	2	
		AIR/O <sub>2</sub>									53	59:10		
660	0:30	AIR									314	315:10	2.5	
		AIR/O <sub>2</sub>									63	69:10		
720	0:30	AIR									342	343:10	3	
		AIR/O <sub>2</sub>									71	82:10		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
40 FSW														
163	1:20	AIR									0	1:20	0	O
		AIR/O <sub>2</sub>									0	1:20		
170	0:40	AIR									6	7:20	0.5	O
		AIR/O <sub>2</sub>									2	3:20		
180	0:40	AIR									14	15:20	0.5	Z
		AIR/O <sub>2</sub>									5	6:20		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
190	0:40	AIR									21	22:20	0.5	Z
		AIR/O <sub>2</sub>									7	8:20		
200	0:40	AIR									27	28:20	0.5	Z
		AIR/O <sub>2</sub>									9	10:20		
210	0:40	AIR									39	40:20	0.5	Z
		AIR/O <sub>2</sub>									11	12:20		
220	0:40	AIR									52	53:20	0.5	Z
		AIR/O <sub>2</sub>									12	13:20		
230	0:40	AIR									64	65:20	1	Z
		AIR/O <sub>2</sub>									16	17:20		
240	0:40	AIR									75	76:20	1	Z
		AIR/O <sub>2</sub>									19	20:20		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
270	0:40	AIR									101	102:20	1	Z
		AIR/O <sub>2</sub>									26	27:20		
300	0:40	AIR									128	129:20	1.5	
		AIR/O <sub>2</sub>									33	34:20		
330	0:40	AIR									160	161:20	1.5	
		AIR/O <sub>2</sub>									38	44:20		
360	0:40	AIR									184	185:20	2	
		AIR/O <sub>2</sub>									44	50:20		
420	0:40	AIR									248	249:20	2.5	
		AIR/O <sub>2</sub>									56	62:20		
480	0:40	AIR									321	322:20	2.5	
		AIR/O <sub>2</sub>									68	79:20		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----														
540	0:40	AIR									372	373:20	3	
		AIR/O <sub>2</sub>									80	91:20		
600	0:40	AIR									410	411:20	3.5	
		AIR/O <sub>2</sub>									93	104:20		
660	0:40	AIR									439	440:20	4	
		AIR/O <sub>2</sub>									103	119:20		
Exceptional Exposure: SurDO <sub>2</sub> -----														
720	0:40	AIR									461	462:20	4.5	
		AIR/O <sub>2</sub>									112	128:20		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
45 FSW														
125	1:30	AIR									0	1:30	0	N
		AIR/O <sub>2</sub>									0	1:30		
130	0:50	AIR									2	3:30	0.5	O
		AIR/O <sub>2</sub>									1	2:30		
140	0:50	AIR									14	15:30	0.5	O
		AIR/O <sub>2</sub>									5	6:30		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
150	0:50	AIR									25	26:30	0.5	Z
		AIR/O <sub>2</sub>									8	9:30		
160	0:50	AIR									34	35:30	0.5	Z
		AIR/O <sub>2</sub>									11	12:30		
170	0:50	AIR									41	42:30	1	Z
		AIR/O <sub>2</sub>									14	15:30		
180	0:50	AIR									59	60:30	1	Z
		AIR/O <sub>2</sub>									17	18:30		
190	0:50	AIR									75	76:30	1	Z
		AIR/O <sub>2</sub>									19	20:30		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
200	0:50	AIR									89	90:30	1	Z
		AIR/O <sub>2</sub>									23	24:30		
210	0:50	AIR									101	102:30	1	Z
		AIR/O <sub>2</sub>									27	28:30		
220	0:50	AIR									112	113:30	1.5	Z
		AIR/O <sub>2</sub>									30	31:30		
230	0:50	AIR									121	122:30	1.5	Z
		AIR/O <sub>2</sub>									33	34:30		
240	0:50	AIR									130	131:30	1.5	Z
		AIR/O <sub>2</sub>									37	43:30		
270	0:50	AIR									173	174:30	2	
		AIR/O <sub>2</sub>									45	51:30		
300	0:50	AIR									206	207:30	2	
		AIR/O <sub>2</sub>									51	57:30		
330	0:50	AIR									243	244:30	2.5	
		AIR/O <sub>2</sub>									61	67:30		
360	0:50	AIR									288	289:30	3	
		AIR/O <sub>2</sub>									69	80:30		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----														
420	0:50	AIR									373	374:30	3.5	
		AIR/O <sub>2</sub>									84	95:30		
480	0:50	AIR									431	432:30	4	
		AIR/O <sub>2</sub>									101	117:30		
Exceptional Exposure: SurDO <sub>2</sub> -----														
540	0:50	AIR									473	474:30	4.5	
		AIR/O <sub>2</sub>									117	133:30		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30			
50 FSW													
92	1:40	AIR								0	1:40	0	M
		AIR/O <sub>2</sub>								0	1:40		
95	1:00	AIR								2	3:40	0.5	M
		AIR/O <sub>2</sub>								1	2:40		
100	1:00	AIR								4	5:40	0.5	N
		AIR/O <sub>2</sub>								2	3:40		
110	1:00	AIR								8	9:40	0.5	O
		AIR/O <sub>2</sub>								4	5:40		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended													
120	1:00	AIR								21	22:40	0.5	O
		AIR/O <sub>2</sub>								7	8:40		
130	1:00	AIR								34	35:40	0.5	Z
		AIR/O <sub>2</sub>								12	13:40		
140	1:00	AIR								45	46:40	1	Z
		AIR/O <sub>2</sub>								16	17:40		
150	1:00	AIR								56	57:40	1	Z
		AIR/O <sub>2</sub>								19	20:40		
160	1:00	AIR								78	79:40	1	Z
		AIR/O <sub>2</sub>								23	24:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----													
170	1:00	AIR								96	97:40	1	Z
		AIR/O <sub>2</sub>								26	27:40		
180	1:00	AIR								111	112:40	1.5	Z
		AIR/O <sub>2</sub>								30	31:40		
190	1:00	AIR								125	126:40	1.5	Z
		AIR/O <sub>2</sub>								35	36:40		
200	1:00	AIR								136	137:40	1.5	Z
		AIR/O <sub>2</sub>								39	45:40		
210	1:00	AIR								147	148:40	2	
		AIR/O <sub>2</sub>								43	49:40		
220	1:00	AIR								166	167:40	2	
		AIR/O <sub>2</sub>								47	53:40		
230	1:00	AIR								183	184:40	2	
		AIR/O <sub>2</sub>								50	56:40		
240	1:00	AIR								198	199:40	2	
		AIR/O <sub>2</sub>								53	59:40		
270	1:00	AIR								236	237:40	2.5	
		AIR/O <sub>2</sub>								62	68:40		
300	1:00	AIR								285	286:40	3	
		AIR/O <sub>2</sub>								74	85:40		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----													
330	1:00	AIR								345	346:40	3.5	
		AIR/O <sub>2</sub>								83	94:40		
360	1:00	AIR								393	394:40	3.5	
		AIR/O <sub>2</sub>								92	103:40		
Exceptional Exposure: SurDO <sub>2</sub> -----													
420	1:00	AIR								464	465:40	4.5	
		AIR/O <sub>2</sub>								113	129:40		



**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
55 FSW														
74	1:50	AIR									0	1:50	0	L
		AIR/O <sub>2</sub>									0	1:50		
75	1:10	AIR									1	2:50	0.5	L
		AIR/O <sub>2</sub>									1	2:50		
80	1:10	AIR									4	5:50	0.5	M
		AIR/O <sub>2</sub>									2	3:50		
90	1:10	AIR									10	11:50	0.5	N
		AIR/O <sub>2</sub>									5	6:50		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
100	1:10	AIR									17	18:50	0.5	O
		AIR/O <sub>2</sub>									8	9:50		
110	1:10	AIR									34	35:50	0.5	O
		AIR/O <sub>2</sub>									12	13:50		
120	1:10	AIR									48	49:50	1	Z
		AIR/O <sub>2</sub>									17	18:50		
130	1:10	AIR									59	60:50	1	Z
		AIR/O <sub>2</sub>									22	23:50		
140	1:10	AIR									84	85:50	1	Z
		AIR/O <sub>2</sub>									26	27:50		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
150	1:10	AIR									105	106:50	1.5	Z
		AIR/O <sub>2</sub>									30	31:50		
160	1:10	AIR									123	124:50	1.5	Z
		AIR/O <sub>2</sub>									34	35:50		
170	1:10	AIR									138	139:50	1.5	Z
		AIR/O <sub>2</sub>									40	46:50		
180	1:10	AIR									151	152:50	2	Z
		AIR/O <sub>2</sub>									45	51:50		
190	1:10	AIR									169	170:50	2	
		AIR/O <sub>2</sub>									50	56:50		
200	1:10	AIR									190	191:50	2	
		AIR/O <sub>2</sub>									54	60:50		
210	1:10	AIR									208	209:50	2.5	
		AIR/O <sub>2</sub>									58	64:50		
220	1:10	AIR									224	225:50	2.5	
		AIR/O <sub>2</sub>									62	68:50		
230	1:10	AIR									239	240:50	2.5	
		AIR/O <sub>2</sub>									66	77:50		
240	1:10	AIR									254	255:50	3	
		AIR/O <sub>2</sub>									69	80:50		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----														
270	1:10	AIR									313	314:50	3.5	
		AIR/O <sub>2</sub>									83	94:50		
300	1:10	AIR									380	381:50	3.5	
		AIR/O <sub>2</sub>									94	105:50		
330	1:10	AIR									432	433:50	4	
		AIR/O <sub>2</sub>									106	122:50		
Exceptional Exposure: SurDO <sub>2</sub> -----														
360	1:10	AIR									474	475:50	4.5	
		AIR/O <sub>2</sub>									118	134:50		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30			
60 FSW													
60	2:00	AIR								0	2:00	0	K
		AIR/O <sub>2</sub>								0	2:00		
65	1:20	AIR								2	4:00	0.5	L
		AIR/O <sub>2</sub>								1	3:00		
70	1:20	AIR								7	9:00	0.5	L
		AIR/O <sub>2</sub>								4	6:00		
80	1:20	AIR								14	16:00	0.5	N
		AIR/O <sub>2</sub>								7	9:00		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----													
90	1:20	AIR								23	25:00	0.5	O
		AIR/O <sub>2</sub>								10	12:00		
100	1:20	AIR								42	44:00	1	Z
		AIR/O <sub>2</sub>								15	17:00		
110	1:20	AIR								57	59:00	1	Z
		AIR/O <sub>2</sub>								21	23:00		
120	1:20	AIR								75	77:00	1	Z
		AIR/O <sub>2</sub>								26	28:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----													
130	1:20	AIR								102	104:00	1.5	Z
		AIR/O <sub>2</sub>								31	33:00		
140	1:20	AIR								124	126:00	1.5	Z
		AIR/O <sub>2</sub>								35	37:00		
150	1:20	AIR								143	145:00	2	Z
		AIR/O <sub>2</sub>								41	48:00		
160	1:20	AIR								158	160:00	2	Z
		AIR/O <sub>2</sub>								48	55:00		
170	1:20	AIR								178	180:00	2	
		AIR/O <sub>2</sub>								53	60:00		
180	1:20	AIR								201	203:00	2.5	
		AIR/O <sub>2</sub>								59	66:00		
190	1:20	AIR								222	224:00	2.5	
		AIR/O <sub>2</sub>								64	71:00		
200	1:20	AIR								240	242:00	2.5	
		AIR/O <sub>2</sub>								68	80:00		
210	1:20	AIR								256	258:00	3	
		AIR/O <sub>2</sub>								73	85:00		
220	1:20	AIR								278	280:00	3	
		AIR/O <sub>2</sub>								77	89:00		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----													
230	1:20	AIR								300	302:00	3.5	
		AIR/O <sub>2</sub>								82	94:00		
240	1:20	AIR								321	323:00	3.5	
		AIR/O <sub>2</sub>								88	100:00		
270	1:20	AIR								398	400:00	4	
		AIR/O <sub>2</sub>								102	119:00		
Exceptional Exposure: SurDO <sub>2</sub> -----													
300	1:20	AIR								456	458:00	4.5	
		AIR/O <sub>2</sub>								115	132:00		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop										Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20				
70 FSW															
48	2:20	AIR									0	2:20	0	K	
		AIR/O <sub>2</sub>									0	2:20			
50	1:40	AIR									2	4:20	0.5	K	
		AIR/O <sub>2</sub>									1	3:20			
55	1:40	AIR									9	11:20	0.5	L	
		AIR/O <sub>2</sub>									5	7:20			
60	1:40	AIR									14	16:20	0.5	M	
		AIR/O <sub>2</sub>									8	10:20			
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----															
70	1:40	AIR									24	26:20	0.5	N	
		AIR/O <sub>2</sub>									13	15:20			
80	1:40	AIR									44	46:20	1	O	
		AIR/O <sub>2</sub>									17	19:20			
90	1:40	AIR									64	66:20	1	Z	
		AIR/O <sub>2</sub>									24	26:20			
100	1:40	AIR									88	90:20	1.5	Z	
		AIR/O <sub>2</sub>									31	33:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----															
110	1:40	AIR									120	122:20	1.5	Z	
		AIR/O <sub>2</sub>									38	45:20			
120	1:40	AIR									145	147:20	2	Z	
		AIR/O <sub>2</sub>									44	51:20			
130	1:40	AIR									167	169:20	2	Z	
		AIR/O <sub>2</sub>									51	58:20			
140	1:40	AIR									189	191:20	2.5		
		AIR/O <sub>2</sub>									59	66:20			
150	1:40	AIR									219	221:20	2.5		
		AIR/O <sub>2</sub>									66	78:20			
160	1:20	AIR								1	244	247:00	3		
		AIR/O <sub>2</sub>								1	72	85:00			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----															
170	1:20	AIR								2	265	269:00	3		
		AIR/O <sub>2</sub>								1	78	91:00			
180	1:20	AIR								4	289	295:00	3.5		
		AIR/O <sub>2</sub>								2	83	97:00			
190	1:20	AIR								5	316	323:00	3.5		
		AIR/O <sub>2</sub>								3	88	103:00			
200	1:20	AIR								9	345	356:00	4		
		AIR/O <sub>2</sub>								5	93	115:00			
210	1:20	AIR								13	378	393:00	4		
		AIR/O <sub>2</sub>								7	98	122:00			
Exceptional Exposure: SurDO <sub>2</sub> -----															
240	1:20	AIR								25	454	461:00	5		
		AIR/O <sub>2</sub>								13	110	140:00			

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop									Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20			
80 FSW														
39	2:40	AIR									0	2:40	0	J
		AIR/O <sub>2</sub>									0	2:40		
40	2:00	AIR									1	3:40	0.5	J
		AIR/O <sub>2</sub>									1	3:40		
45	2:00	AIR									10	12:40	0.5	K
		AIR/O <sub>2</sub>									5	7:40		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
50	2:00	AIR									17	19:40	0.5	M
		AIR/O <sub>2</sub>									9	11:40		
55	2:00	AIR									24	26:40	0.5	M
		AIR/O <sub>2</sub>									13	15:40		
60	2:00	AIR									30	32:40	1	N
		AIR/O <sub>2</sub>									16	18:40		
70	2:00	AIR									54	56:40	1	O
		AIR/O <sub>2</sub>									22	24:40		
80	2:00	AIR									77	79:40	1.5	Z
		AIR/O <sub>2</sub>									30	32:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
90	2:00	AIR									114	116:40	1.5	Z
		AIR/O <sub>2</sub>									39	46:40		
100	1:40	AIR								1	147	150:20	2	Z
		AIR/O <sub>2</sub>								1	46	54:20		
110	1:40	AIR								6	171	179:20	2	Z
		AIR/O <sub>2</sub>								3	51	61:20		
120	1:40	AIR								10	200	212:20	2.5	
		AIR/O <sub>2</sub>								5	59	71:20		
130	1:40	AIR								14	232	248:20	3	
		AIR/O <sub>2</sub>								7	67	86:20		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----														
140	1:40	AIR								17	258	277:20	3.5	
		AIR/O <sub>2</sub>								9	73	94:20		
150	1:40	AIR								19	285	306:20	3.5	
		AIR/O <sub>2</sub>								10	80	102:20		
160	1:40	AIR								21	318	341:20	4	
		AIR/O <sub>2</sub>								11	86	114:20		
170	1:40	AIR								27	354	383:20	4	
		AIR/O <sub>2</sub>								14	90	121:20		
Exceptional Exposure: SurDO <sub>2</sub> -----														
180	1:40	AIR								33	391	426:20	4.5	
		AIR/O <sub>2</sub>								17	96	130:20		
210	1:40	AIR								50	474	526:20	5	
		AIR/O <sub>2</sub>								26	110	158:20		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop									Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group		
			100	90	80	70	60	50	40	30	20					
90 FSW																
30	3:00	AIR									0	3:00	0	I		
		AIR/O <sub>2</sub>									0	3:00				
35	2:20	AIR									4	7:00	0.5	J		
		AIR/O <sub>2</sub>									2	5:00				
40	2:20	AIR									14	17:00	0.5	L		
		AIR/O <sub>2</sub>									7	10:00				
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----																
45	2:20	AIR									23	26:00	0.5	M		
		AIR/O <sub>2</sub>									12	15:00				
50	2:20	AIR									31	34:00	1	N		
		AIR/O <sub>2</sub>									17	20:00				
55	2:20	AIR									39	42:00	1	O		
		AIR/O <sub>2</sub>									21	24:00				
60	2:20	AIR									58	59:00	1	O		
		AIR/O <sub>2</sub>									24	27:00				
70	2:20	AIR									83	89:00	1.5	Z		
		AIR/O <sub>2</sub>									32	35:00				
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----																
80	2:00	AIR									5	125	132:40	2	Z	
		AIR/O <sub>2</sub>									3	40	50:40			
90	2:00	AIR									13	158	173:40	2	Z	
		AIR/O <sub>2</sub>									7	46	60:40			
100	2:00	AIR									19	185	206:40	2.5		
		AIR/O <sub>2</sub>									10	53	70:40			
110	2:00	AIR									25	224	251:40	3		
		AIR/O <sub>2</sub>									13	61	86:40			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----																
120	1:40	AIR									1	29	256	288:20	3.5	
		AIR/O <sub>2</sub>									1	15	70	98:40		
130	1:40	AIR									5	28	291	326:20	3.5	
		AIR/O <sub>2</sub>									5	15	78	110:40		
140	1:40	AIR									8	28	330	368:20	4	
		AIR/O <sub>2</sub>									8	15	86	126:40		
Exceptional Exposure: SurDO <sub>2</sub> -----																
150	1:40	AIR									11	34	378	425:20	4.5	
		AIR/O <sub>2</sub>									11	17	94	139:40		
160	1:40	AIR									13	40	418	473:20	4.5	
		AIR/O <sub>2</sub>									13	21	100	151:40		
170	1:40	AIR									15	45	451	513:20	5	
		AIR/O <sub>2</sub>									15	23	106	166:40		
180	1:40	AIR									16	51	479	548:20	5.5	
		AIR/O <sub>2</sub>									16	26	112	176:40		
240	1:40	AIR									42	68	592	704:20	7.5	
		AIR/O <sub>2</sub>									42	34	159	267:00		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group				
			100	90	80	70	60	50	40	30				20			
100 FSW																	
25	3:20	AIR									0	3:20	0	H			
		AIR/O <sub>2</sub>									0	3:20					
30	2:40	AIR									3	6:20	0.5	J			
		AIR/O <sub>2</sub>									2	5:20					
35	2:40	AIR									15	18:20	0.5	L			
		AIR/O <sub>2</sub>									8	11:20					
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----																	
40	2:40	AIR									26	29:20	1	M			
		AIR/O <sub>2</sub>									14	17:20					
45	2:40	AIR									36	39:20	1	N			
		AIR/O <sub>2</sub>									19	22:20					
50	2:40	AIR									47	50:20	1	O			
		AIR/O <sub>2</sub>									24	27:20					
55	2:40	AIR									65	68:20	1.5	Z			
		AIR/O <sub>2</sub>									28	31:20					
60	2:40	AIR									81	84:20	1.5	Z			
		AIR/O <sub>2</sub>									33	35:20					
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----																	
70	2:20	AIR									11	124	138:00	2	Z		
		AIR/O <sub>2</sub>									6	39	53:00				
80	2:20	AIR									21	160	184:00	2.5	Z		
		AIR/O <sub>2</sub>									11	45	64:00				
90	2:00	AIR									2	28	196	228:40	2.5		
		AIR/O <sub>2</sub>									2	15	52	82:00			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----																	
100	2:00	AIR									9	26	241	280:40	3		
		AIR/O <sub>2</sub>									9	14	66	102:00			
110	2:00	AIR									14	28	278	322:40	3.5		
		AIR/O <sub>2</sub>									14	15	75	117:00			
120	2:00	AIR									19	28	324	373:40	4		
		AIR/O <sub>2</sub>									19	15	84	136:00			
Exceptional Exposure: SurDO <sub>2</sub> -----																	
150	1:40	AIR									3	26	46	461	538:20	5	
		AIR/O <sub>2</sub>									3	26	24	108	183:40		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group					
			100	90	80	70	60	50	40	30				20				
110 FSW																		
20	3:40	AIR									0	3:40	0	H				
		AIR/O <sub>2</sub>									0	3:40						
25	3:00	AIR									3	6:40	0.5	I				
		AIR/O <sub>2</sub>									2	5:40						
30	3:00	AIR									14	17:40	0.5	K				
		AIR/O <sub>2</sub>									7	10:40						
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----																		
35	3:00	AIR									27	30:40	1	M				
		AIR/O <sub>2</sub>									14	17:40						
40	3:00	AIR									39	42:40	1	N				
		AIR/O <sub>2</sub>									20	23:40						
45	3:00	AIR									50	53:40	1	O				
		AIR/O <sub>2</sub>									26	29:40						
50	3:00	AIR									71	74:40	1.5	Z				
		AIR/O <sub>2</sub>									31	34:40						
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----																		
55	2:40	AIR									5	85	1.5	Z				
		AIR/O <sub>2</sub>									3	33	44:20					
60	2:40	AIR									13	111	2	Z				
		AIR/O <sub>2</sub>									7	36	51:20					
70	2:40	AIR									26	155	2.5	Z				
		AIR/O <sub>2</sub>									13	43	64:20					
80	2:20	AIR									9	28	200	2.5				
		AIR/O <sub>2</sub>									9	15	53	90:20				
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----																		
90	2:20	AIR									17	29	248	3.5				
		AIR/O <sub>2</sub>									17	15	67	112:20				
100	2:20	AIR									25	28	295	3.5				
		AIR/O <sub>2</sub>									25	15	78	131:20				
110	2:00	AIR									5	26	28	353	414:40	4		
		AIR/O <sub>2</sub>									5	26	15	90	154:00			
Exceptional Exposure: SurDO <sub>2</sub> -----																		
120	2:00	AIR									10	26	35	413	466:40	4.5		
		AIR/O <sub>2</sub>									10	26	18	101	173:00			
180	1:40	AIR									3	23	47	68	593	736:20	7.5	
		AIR/O <sub>2</sub>									3	23	47	34	159	298:00		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop										Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group				
			100	90	80	70	60	50	40	30	20								
120 FSW																			
15	4:00	AIR										0	4:00	0	F				
		AIR/O <sub>2</sub>										0	4:00						
20	3:20	AIR										2	6:00	0.5	H				
		AIR/O <sub>2</sub>										1	5:00						
25	3:20	AIR										8	12:00	0.5	J				
		AIR/O <sub>2</sub>										4	8:00						
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----																			
30	3:20	AIR										24	28:00	0.5	L				
		AIR/O <sub>2</sub>										13	17:00						
35	3:20	AIR										38	42:00	1	N				
		AIR/O <sub>2</sub>										20	24:00						
40	3:20	AIR										51	55:00	1	O				
		AIR/O <sub>2</sub>										27	31:00						
45	3:20	AIR										72	76:00	1.5	Z				
		AIR/O <sub>2</sub>										33	37:00						
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----																			
50	3:00	AIR										9	86	98:40	1.5	Z			
		AIR/O <sub>2</sub>										5	33	46:40					
55	3:00	AIR										19	116	138:40	2	Z			
		AIR/O <sub>2</sub>										10	35	53:40					
60	3:00	AIR										27	142	172:40	2	Z			
		AIR/O <sub>2</sub>										14	39	61:40					
70	2:40	AIR										12	29	189	233:20	2.5			
		AIR/O <sub>2</sub>										12	15	50	85:40				
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----																			
80	2:40	AIR										24	28	246	301:20	3			
		AIR/O <sub>2</sub>										24	14	67	118:40				
90	2:20	AIR										7	26	28	303	367:00	3.5		
		AIR/O <sub>2</sub>										7	26	15	79	140:20			
100	2:20	AIR										14	26	28	372	443:00	4		
		AIR/O <sub>2</sub>										14	26	15	94	167:20			
Exceptional Exposure: SurDO <sub>2</sub> -----																			
110	2:20	AIR										21	25	38	433	520:00	5		
		AIR/O <sub>2</sub>										21	25	20	104	188:20			
120	2:00	AIR										3	23	25	47	480	580:40	5.5	
		AIR/O <sub>2</sub>										3	23	25	24	113	211:00		



**Table 9-9. Air Decompression Table (Continued).**

(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop									Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20			
130 FSW														
10	4:20	AIR									0	4:20	0	E
		AIR/O <sub>2</sub>									0	4:20		
15	3:40	AIR									1	5:20	0.5	G
		AIR/O <sub>2</sub>									1	5:20		
20	3:40	AIR									4	8:20	0.5	I
		AIR/O <sub>2</sub>									2	6:20		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----														
25	3:40	AIR									17	21:20	0.5	K
		AIR/O <sub>2</sub>									9	13:20		
30	3:40	AIR									34	38:20	1	M
		AIR/O <sub>2</sub>									18	22:20		
35	3:40	AIR									49	53:20	1	N
		AIR/O <sub>2</sub>									26	30:20		
40	3:20	AIR								3	67	74:00	1.5	Z
		AIR/O <sub>2</sub>								2	31	37:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----														
45	3:20	AIR								12	84	100:00	1.5	Z
		AIR/O <sub>2</sub>								6	33	48:00		
50	3:20	AIR								22	116	142:00	2	Z
		AIR/O <sub>2</sub>								11	35	55:00		
55	3:00	AIR							4	28	145	180:40	2	Z
		AIR/O <sub>2</sub>							4	15	39	67:00		
60	3:00	AIR							12	28	170	213:40	2.5	Z
		AIR/O <sub>2</sub>							12	15	45	81:00		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----														
70	2:40	AIR						1	26	28	235	293:20	3	
		AIR/O <sub>2</sub>						1	26	14	63	117:40		
80	2:40	AIR						12	26	28	297	368:20	3.5	
		AIR/O <sub>2</sub>						12	26	15	78	144:40		
90	2:40	AIR						21	26	28	374	452:20	4	
		AIR/O <sub>2</sub>						21	26	15	94	174:40		
Exceptional Exposure: SurDO <sub>2</sub> -----														
100	2:20	AIR				6	23	26	38	444	540:00	5		
		AIR/O <sub>2</sub>				6	23	26	20	106	204:20			
120	2:20	AIR				17	23	28	57	533	661:00	6		
		AIR/O <sub>2</sub>				17	23	28	29	130	255:20			
180	2:00	AIR			13	21	45	57	94	858	890:40	9		
		AIR/O <sub>2</sub>			13	21	45	57	46	198	417:20			

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
140 FSW															
10	4:40	AIR									0	4:40	0	E	
		AIR/O <sub>2</sub>									0	4:40			
15	4:00	AIR									2	6:40	0.5	H	
		AIR/O <sub>2</sub>									1	5:40			
20	4:00	AIR									7	11:40	0.5	J	
		AIR/O <sub>2</sub>									4	8:40			
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----															
25	4:00	AIR									26	30:40	1	L	
		AIR/O <sub>2</sub>									14	18:40			
30	4:00	AIR									44	48:40	1	N	
		AIR/O <sub>2</sub>									23	27:40			
35	3:40	AIR								4	59	67:20	1.5	O	
		AIR/O <sub>2</sub>								2	30	36:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----															
40	3:40	AIR									11	80	95:20	1.5	Z
		AIR/O <sub>2</sub>									6	33	48:20		
45	3:20	AIR							3	21	113	141:00	2	Z	
		AIR/O <sub>2</sub>							3	11	34	57:20			
50	3:20	AIR							7	28	145	184:00	2	Z	
		AIR/O <sub>2</sub>							7	14	40	70:20			
55	3:20	AIR							16	28	171	219:00	2.5	Z	
		AIR/O <sub>2</sub>							16	15	45	85:20			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----															
60	3:00	AIR						2	23	28	209	265:40	3		
		AIR/O <sub>2</sub>						2	23	15	55	109:00			
70	3:00	AIR						14	25	28	276	346:40	3.5		
		AIR/O <sub>2</sub>						14	25	15	74	142:00			
80	2:40	AIR				2	24	25	29	362	445:20	4			
		AIR/O <sub>2</sub>				2	24	25	15	91	175:40				
Exceptional Exposure: SurDO <sub>2</sub> -----															
90	2:40	AIR				12	23	26	38	443	545:20	5			
		AIR/O <sub>2</sub>				12	23	26	19	107	210:40				

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop								Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
150 FSW															
5	5:00	AIR									0	5:00	0	C	
		AIR/O <sub>2</sub>									0	5:00			
10	4:20	AIR									1	6:00	0.5	F	
		AIR/O <sub>2</sub>									1	6:00			
15	4:20	AIR									3	8:00	0.5	H	
		AIR/O <sub>2</sub>									2	7:00			
20	4:20	AIR									14	19:00	0.5	K	
		AIR/O <sub>2</sub>									8	13:00			
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----															
25	4:20	AIR									35	40:00	1	M	
		AIR/O <sub>2</sub>									19	24:00			
30	4:00	AIR								3	51	58:40	1.5	O	
		AIR/O <sub>2</sub>								2	26	32:40			
35	4:00	AIR								11	72	87:40	1.5	Z	
		AIR/O <sub>2</sub>								6	31	46:40			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----															
40	3:40	AIR								4	18	102	128:20	2	Z
		AIR/O <sub>2</sub>								4	9	34	56:40		
45	3:40	AIR								10	25	140	179:20	2	Z
		AIR/O <sub>2</sub>								10	13	39	71:40		
50	3:20	AIR						3	15	28	170	220:00	2.5	Z	
		AIR/O <sub>2</sub>						3	15	15	45	87:20			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----															
55	3:20	AIR						6	22	28	211	271:00	3		
		AIR/O <sub>2</sub>						6	22	15	56	113:20			
60	3:20	AIR						11	26	28	248	317:00	3		
		AIR/O <sub>2</sub>						11	26	15	66	132:20			
70	3:00	AIR					3	24	25	28	330	413:40	4		
		AIR/O <sub>2</sub>					3	24	25	15	84	170:00			
Exceptional Exposure: SurDO <sub>2</sub> -----															
80	3:00	AIR					15	23	26	35	430	532:40	4.5		
		AIR/O <sub>2</sub>					15	23	26	18	104	205:00			
90	2:40	AIR				3	22	23	26	47	496	620:20	5.5		
		AIR/O <sub>2</sub>				3	22	23	26	24	118	239:40			
120	2:20	AIR			3	20	22	23	50	75	608	804:00	8		
		AIR/O <sub>2</sub>			3	20	22	23	50	37	168	355:40			
180	2:00	AIR		2	19	20	42	48	79	121	694	1027:40	10.5		
		AIR/O <sub>2</sub>		2	19	20	42	48	79	58	222	537:20			

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop										Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group			
			100	90	80	70	60	50	40	30	20							
160 FSW																		
5	5:20	AIR										0	5:20	0	C			
		AIR/O <sub>2</sub>										0	5:20					
10	4:40	AIR										1	6:20	0.5	F			
		AIR/O <sub>2</sub>										1	6:20					
15	4:40	AIR										5	10:20	0.5	I			
		AIR/O <sub>2</sub>										3	8:00					
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----																		
20	4:40	AIR										22	27:20	0.5	L			
		AIR/O <sub>2</sub>										12	17:20					
25	4:20	AIR									3	41	49:00	1	N			
		AIR/O <sub>2</sub>									2	21	28:00					
30	4:00	AIR								1	8	60	73:40	1.5	O			
		AIR/O <sub>2</sub>								1	5	28	39:00					
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----																		
35	4:00	AIR								4	14	84	106:40	1.5	Z			
		AIR/O <sub>2</sub>								4	8	32	54:00					
40	4:00	AIR								12	20	130	166:40	2	Z			
		AIR/O <sub>2</sub>								12	11	37	70:00					
45	3:40	AIR								5	13	28	164	214:20	2.5	Z		
		AIR/O <sub>2</sub>								5	13	14	44	85:40				
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----																		
50	3:40	AIR								10	19	28	207	268:20	3			
		AIR/O <sub>2</sub>								10	19	15	54	112:40				
55	3:20	AIR								2	12	26	28	248	320:00	3		
		AIR/O <sub>2</sub>								2	12	26	14	67	135:20			
60	3:20	AIR								5	18	25	29	290	371:00	3.5		
		AIR/O <sub>2</sub>								5	18	25	15	77	154:20			
Exceptional Exposure: SurDO <sub>2</sub> -----																		
70	3:20	AIR								15	23	26	29	399	496:00	4.5		
		AIR/O <sub>2</sub>								15	23	26	15	99	197:20			
80	3:00	AIR								6	21	24	25	44	482	605:40	5.5	
		AIR/O <sub>2</sub>								6	21	24	25	23	114	237:00		

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop										Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20				
170 FSW															
5	5:40	AIR										0	5:40	0	D
		AIR/O <sub>2</sub>										0	5:40		
10	5:00	AIR										2	7:40	0.5	G
		AIR/O <sub>2</sub>										1	6:40		
15	5:00	AIR										7	12:40	0.5	J
		AIR/O <sub>2</sub>										4	9:40		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----															
20	4:40	AIR									1	29	35:20	1	L
		AIR/O <sub>2</sub>									1	15	21:20		
25	4:20	AIR							1	6	46	58:00	1	N	
		AIR/O <sub>2</sub>							1	4	23	33:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----															
30	4:20	AIR								5	11	72	93:00	1.5	Z
		AIR/O <sub>2</sub>								5	6	29	45:20		
35	4:00	AIR							2	9	17	113	145:40	2	Z
		AIR/O <sub>2</sub>							2	9	9	35	65:00		
40	4:00	AIR							6	13	23	155	201:40	2.5	Z
		AIR/O <sub>2</sub>							6	13	12	43	84:00		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----															
45	4:00	AIR							12	16	28	194	254:40	2.5	
		AIR/O <sub>2</sub>							12	16	15	51	109:00		
50	3:40	AIR						5	12	23	28	243	315:20	3	
		AIR/O <sub>2</sub>						5	12	23	15	65	134:40		
55	3:40	AIR						9	16	25	28	287	369:20	3.5	
		AIR/O <sub>2</sub>						9	16	25	15	76	155:40		
60	3:20	AIR				2	11	21	26	28	344	436:00	4		
		AIR/O <sub>2</sub>				2	11	21	26	15	87	181:20			
Exceptional Exposure: SurDO <sub>2</sub> -----															
70	3:20	AIR				7	19	24	25	39	454	572:00	5		
		AIR/O <sub>2</sub>				7	19	24	25	20	109	228:20			
80	3:20	AIR				17	22	23	26	53	525	670:00	6		
		AIR/O <sub>2</sub>				17	22	23	26	27	128	267:20			
90	3:00	AIR			7	20	22	23	37	66	574	752:40	7		
		AIR/O <sub>2</sub>			7	20	22	23	37	33	148	318:20			
120	2:40	AIR		9	19	20	22	42	60	94	659	928:20	9		
		AIR/O <sub>2</sub>		9	19	20	22	42	60	46	198	454:00			
180	2:20	AIR	10	18	19	40	43	70	97	156	703	1159:00	11.5		
		AIR/O <sub>2</sub>	10	18	19	40	43	70	97	75	228	648:00			

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop										Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20				
180 FSW															
5	6:00	AIR										0	6:00	0	D
		AIR/O <sub>2</sub>										0	6:00		
10	5:20	AIR										3	9:00	0.5	G
		AIR/O <sub>2</sub>										2	8:00		
15	5:20	AIR										11	17:00	0.5	J
		AIR/O <sub>2</sub>										6	12:00		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----															
20	5:00	AIR									4	34	43:40	1	M
		AIR/O <sub>2</sub>									2	18	25:40		
25	4:40	AIR							4	7	54	70:20	1.5	O	
		AIR/O <sub>2</sub>							4	4	26	39:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----															
30	4:20	AIR						2	7	14	83	111:00	1.5	Z	
		AIR/O <sub>2</sub>						2	7	7	31	57:20			
35	4:20	AIR						5	13	19	138	180:00	2	Z	
		AIR/O <sub>2</sub>						5	13	10	40	78:20			
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----															
40	4:00	AIR						2	11	12	28	175	232:40	2.5	Z
		AIR/O <sub>2</sub>						2	11	12	14	47	96:00		
45	4:00	AIR						7	11	20	28	231	301:40	3	
		AIR/O <sub>2</sub>						7	11	20	15	61	129:00		
50	3:40	AIR				1	11	13	25	28	276	368:20	3.5		
		AIR/O <sub>2</sub>				1	11	13	25	15	74	153:40			
55	3:40	AIR				5	11	19	26	28	336	429:20	4		
		AIR/O <sub>2</sub>				5	11	19	26	14	87	181:40			
Exceptional Exposure: SurDO <sub>2</sub> -----															
60	3:40	AIR				8	13	24	25	31	405	510:20	4.5		
		AIR/O <sub>2</sub>				8	13	24	25	16	100	205:40			
70	3:20	AIR			3	13	21	24	25	48	498	636:00	5.5		
		AIR/O <sub>2</sub>			3	13	21	24	25	25	118	253:20			

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop									Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group	
			100	90	80	70	60	50	40	30	20				
190 FSW															
5	6:20	AIR										0	6:20	0	D
		AIR/O <sub>2</sub>										0	6:20		
10	5:40	AIR										4	10:20	0.5	H
		AIR/O <sub>2</sub>										2	8:20		
In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Recommended -----															
15	5:40	AIR										17	23:20	0.5	K
		AIR/O <sub>2</sub>										9	15:20		
20	5:00	AIR								1	7	37	50:40	1	N
		AIR/O <sub>2</sub>								1	4	19	30:00		
25	4:40	AIR							2	6	9	67	89:20	1.5	Z
		AIR/O <sub>2</sub>							2	6	5	28	46:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O <sub>2</sub> Decompression or SurDO <sub>2</sub> Required -----															
30	4:40	AIR							6	8	14	111	144:20	2	Z
		AIR/O <sub>2</sub>							6	8	8	35	67:40		
35	4:20	AIR						3	8	13	22	160	211:00	2.5	Z
		AIR/O <sub>2</sub>						3	8	13	12	44	90:20		
Exceptional Exposure: In-Water Air/O <sub>2</sub> Decompression ----- SurDO <sub>2</sub> Required -----															
40	4:20	AIR						7	12	14	29	210	277:00	3	
		AIR/O <sub>2</sub>						7	12	14	15	56	119:20		
45	4:00	AIR					2	11	12	23	28	262	342:40	3.5	
		AIR/O <sub>2</sub>					2	11	12	23	15	70	148:00		
50	4:00	AIR					7	11	16	26	28	321	413:40	4	
		AIR/O <sub>2</sub>					7	11	16	26	15	83	178:00		
Exceptional Exposure: SurDO <sub>2</sub> -----															
55	3:40	AIR				2	10	10	24	25	30	396	501:20	4.5	
		AIR/O <sub>2</sub>				2	10	10	24	25	16	98	204:40		
60	3:40	AIR				5	10	16	24	25	40	454	578:20	5	
		AIR/O <sub>2</sub>				5	10	16	24	25	21	108	233:40		
90	3:20	AIR		11	19	20	21	28	51	83	626	863:00	8.5		
		AIR/O <sub>2</sub>		11	19	20	21	28	51	42	177	408:40			
120	3:00	AIR	15	17	19	20	37	46	79	113	691	1040:40	10.5		
		AIR/O <sub>2</sub>	15	17	19	20	37	46	79	55	219	550:20			

**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop									Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20			
200 FSW														
Exceptional Exposure														
5	6:00	AIR									1	7:40	0.5	
		AIR/O <sub>2</sub>									1	7:40		
10	6:00	AIR									2	8:40	0.5	
		AIR/O <sub>2</sub>									1	7:40		
15	5:40	AIR								2	22	30:20	0.5	
		AIR/O <sub>2</sub>								1	11	18:20		
20	5:20	AIR							5	6	43	60:00	1	
		AIR/O <sub>2</sub>							5	4	21	36:20		
25	5:00	AIR						5	6	11	78	105:40	1.5	
		AIR/O <sub>2</sub>						5	6	6	29	52:00		
30	4:40	AIR					4	5	11	18	136	179:20	2	
		AIR/O <sub>2</sub>					4	5	11	9	40	79:40		
35	4:20	AIR			1	6	10	13	26	179	240:00	2.5		
		AIR/O <sub>2</sub>			1	6	10	13	13	49	102:20			
40	4:20	AIR			3	10	12	18	28	243	319:00	3		
		AIR/O <sub>2</sub>			3	10	12	18	15	65	138:20			
45	4:20	AIR			8	11	12	26	28	300	390:00	3.5		
		AIR/O <sub>2</sub>			8	11	12	26	15	79	166:20			
50	4:00	AIR		3	10	11	20	26	28	377	479:40	4.5		
		AIR/O <sub>2</sub>		3	10	11	20	26	15	95	200:00			
210 FSW														
Exceptional Exposure														
5	6:20	AIR									1	8:00	0.5	
		AIR/O <sub>2</sub>									1	8:00		
10	6:20	AIR									5	12:00	0.5	
		AIR/O <sub>2</sub>									3	10:00		
15	6:00	AIR								5	26	37:40	1	
		AIR/O <sub>2</sub>								3	13	22:40		
20	5:20	AIR						2	6	7	50	71:00	1.5	
		AIR/O <sub>2</sub>						2	6	4	24	42:20		
25	5:00	AIR				2	6	7	13	94	127:40	1.5		
		AIR/O <sub>2</sub>				2	6	7	7	32	65:00			
30	4:40	AIR			2	5	6	13	21	156	208:20	2		
		AIR/O <sub>2</sub>			2	5	6	13	11	43	90:40			
35	4:40	AIR			5	6	12	14	28	214	284:20	3		
		AIR/O <sub>2</sub>			5	6	12	14	14	58	124:40			
40	4:20	AIR		2	6	11	12	22	28	271	357:00	3.5		
		AIR/O <sub>2</sub>		2	6	11	12	22	15	74	157:20			
45	4:20	AIR		4	10	11	16	25	29	347	447:00	4		
		AIR/O <sub>2</sub>		4	10	11	16	25	15	89	190:20			
50	4:20	AIR		9	10	11	23	26	35	426	545:00	4.5		
		AIR/O <sub>2</sub>		9	10	11	23	26	18	104	221:20			



**Table 9-9. Air Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O <sub>2</sub> stop										Total Ascent Time (M:S)	Chamber O <sub>2</sub> Periods	Repet Group
			100	90	80	70	60	50	40	30	20				
<b>220 FSW</b>															
Exceptional Exposure															
5	6:40	AIR										2	9:20	0.5	
		AIR/O <sub>2</sub>										1	8:20		
10	6:40	AIR										8	15:20	0.5	
		AIR/O <sub>2</sub>										4	11:20		
15	6:00	AIR							1	7	30	44:40	1		
		AIR/O <sub>2</sub>							1	4	15	27:00			
20	5:40	AIR							5	6	7	63	87:20	1.5	
		AIR/O <sub>2</sub>							5	6	4	27	48:40		
25	5:20	AIR						5	6	8	14	119	158:00	2	
		AIR/O <sub>2</sub>						5	6	8	7	38	75:20		
30	5:00	AIR					5	5	8	13	24	174	234:40	2.5	
		AIR/O <sub>2</sub>					5	5	8	13	13	47	102:00		
35	4:40	AIR			3	5	9	11	18	28	244	323:20	3		
		AIR/O <sub>2</sub>			3	5	9	11	18	15	66	142:40			
40	4:20	AIR		1	4	9	11	11	26	28	312	407:00	4		
		AIR/O <sub>2</sub>		1	4	9	11	11	26	15	82	179:20			
<b>250 FSW</b>															
Exceptional Exposure															
5	7:40	AIR										3	11:20	0.5	
		AIR/O <sub>2</sub>										2	10:20		
10	7:20	AIR								2	15	25:00	0.5		
		AIR/O <sub>2</sub>								1	8	17:00			
15	6:40	AIR							3	7	7	41	65:20	1	
		AIR/O <sub>2</sub>							3	7	4	21	42:40		
20	6:00	AIR					2	6	5	7	12	106	144:40	2	
		AIR/O <sub>2</sub>					2	6	5	7	6	35	73:00		
25	5:40	AIR			4	5	5	7	13	24	175	239:20	2.5		
		AIR/O <sub>2</sub>			4	5	5	7	13	13	47	105:40			
30	5:20	AIR		4	4	5	9	11	20	28	257	344:00	3.5		
		AIR/O <sub>2</sub>		4	4	5	9	11	20	14	70	153:20			
35	5:00	AIR	2	5	4	10	11	14	25	29	347	452:40	4		
		AIR/O <sub>2</sub>	2	5	4	10	11	14	25	15	89	198:00			
<b>300 FSW</b>															
Exceptional Exposure															
5	9:20	AIR										6	16:00	0.5	
		AIR/O <sub>2</sub>										3	13:00		
10	8:20	AIR							2	5	7	32	55:00	1	
		AIR/O <sub>2</sub>							2	5	4	16	36:20		
15	7:20	AIR			1	4	5	6	6	10	102	142:00	1.5		
		AIR/O <sub>2</sub>			1	4	5	6	6	5	35	75:20			
20	6:40	AIR	1	4	5	5	5	6	14	28	196	271:20	2.5		
		AIR/O <sub>2</sub>	1	4	5	5	5	6	14	15	52	124:40			
25	6:40	AIR	7	4	5	5	10	12	25	29	305	409:00	3.5		
		AIR/O <sub>2</sub>	7	4	5	5	10	12	25	15	80	180:20			

Table 9-4. Sea Level Equivalent Depth (fsw).

Actual Depth (fsw)	Altitude (feet)									
	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000
10	10	15	15	15	15	15	15	15	15	15
15	15	20	20	20	20	20	20	25	25	25
20	20	25	25	25	25	25	30	30	30	30
25	25	30	30	30	35	35	35	35	35	40
30	30	35	35	35	40	40	40	45	45	45
35	35	40	40	45	45	45	50	50	50	60
40	40	45	45	50	50	50	55	55	60	60
45	45	50	55	55	55	60	60	70	70	70
50	50	55	60	60	70	70	70	70	70	80
55	55	60	70	70	70	70	80	80	80	80
60	60	70	70	70	80	80	80	90	90	90
65	65	70	80	80	80	90	90	90	100	100
70	70	80	80	90	90	90	100	100	100	110
75	75	90	90	90	100	100	100	110	110	110
80	80	90	90	100	100	100	110	110	120	120
85	85	100	100	100	110	110	120	120	120	130
90	90	100	110	110	110	120	120	130	130	140
95	95	110	110	110	120	120	130	130	140	140
100	100	110	120	120	130	130	130	140	140	150
105	105	120	120	130	130	140	140	150	150	160
110	110	120	130	130	140	140	150	150	160	160
115	115	130	130	140	140	150	150	160	170	170
120	120	130	140	140	150	150	160	170	170	180
125	125	140	140	150	160	160	170	170	180	190
130	130	140	150	160	160	170	170	180	190	190
135	135	150	160	160	170	170	180	190	190	200
140	140	160	160	170	170	180	190	190	200	210
145	145	160	170	170	180	190	190	200	210	
150	160	170	170	180	190	190	200	210		
155	170	170	180	180	190	200	210			
160	170	180	180	190	200	200				
165	180	180	190	200	200					
170	180	190	190	200						
175	190	190	200							
180	190	200	210							
185	200	200								
190	200									
Table Water Stops	Equivalent Stop Depths (fsw)									
10	10	9	9	9	8	8	8	7	7	7
20	19	19	18	17	17	16	15	15	14	14
30	29	28	27	26	25	24	23	22	21	21
40	39	37	36	35	33	32	31	30	29	28
50	48	47	45	43	42	40	39	37	36	34
60	58	56	54	52	50	48	46	45	43	41

Note: ████████ = Exceptional Exposure Limit

**Table 9-6. Required Surface Interval Before Ascent to Altitude After Diving.**

Repetitive Group Designator	Increase in Altitude (feet)									
	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000
A	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
B	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:42
C	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:48	6:23
D	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:45	5:24	9:59
E	0:00	0:00	0:00	0:00	0:00	0:00	1:37	4:39	8:18	12:54
F	0:00	0:00	0:00	0:00	0:00	1:32	4:04	7:06	10:45	15:20
G	0:00	0:00	0:00	0:00	1:19	3:38	6:10	9:13	12:52	17:27
H	0:00	0:00	0:00	1:06	3:10	5:29	8:02	11:04	14:43	19:18
I	0:00	0:00	0:56	2:45	4:50	7:09	9:41	12:44	16:22	20:58
J	0:00	0:41	2:25	4:15	6:19	8:39	11:11	14:13	17:52	22:27
K	0:30	2:03	3:47	5:37	7:41	10:00	12:33	15:35	19:14	23:49
L	1:45	3:18	5:02	6:52	8:56	11:15	13:48	16:50	20:29	25:04
M	2:54	4:28	6:12	8:01	10:06	12:25	14:57	18:00	21:38	26:14
N	3:59	5:32	7:16	9:06	11:10	13:29	16:02	19:04	22:43	27:18
O	4:59	6:33	8:17	10:06	12:11	14:30	17:02	20:05	23:43	28:19
Z	5:56	7:29	9:13	11:03	13:07	15:26	17:59	21:01	24:40	29:15
Exceptional Exposure					Wait 48 hours before ascent					
NOTE 1 When using <a href="#">Table 9-6</a> , use the highest repetitive group designator obtained in the previous 24-hour period.										
NOTE 2 <a href="#">Table 9-6</a> may only be used when the maximum altitude achieved is 10,000 feet or less. For ascents above 10,000 feet, consult NAVSEA 00C for guidance.										
NOTE 3 The cabin pressure in commercial aircraft is maintained at a constant value regardless of the actual altitude of the flight. Though cabin pressure varies somewhat with aircraft type, the nominal value is 8,000 feet. For commercial flights, use a final altitude of 8,000 feet to compute the required surface interval before flying.										
NOTE 4 No surface interval is required before taking a commercial flight if the dive site is at 8,000 feet or higher. In this case, flying results in an increase in atmospheric pressure rather than a decrease.										
NOTE 5 For ascent to altitude following a non-saturation helium-oxygen dive, wait 12 hours if the dive was a no-decompression dive. Wait 24 hours if the dive was a decompression dive.										

*Table 9-5. Repetitive Groups Associated with Initial Ascent to Altitude.*

Altitude (feet)	Repetitive Group
1000	A
2000	A
3000	B
4000	C
5000	D
6000	E
7000	F
8000	G
9000	H
10000	I

DECOMPRESSION CHARTS USED IN MK 16 DIVING OPERATIONS

# MK 16 TABLES



**Table 18-9. No Decompression Limits and Repetitive Group Designators for MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Dives.**

Depth (fsw)	No-Stop Limit	Repetitive Group Designator															
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
10	Unlimited	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
15	Unlimited	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
20	Unlimited	153	420	*													
25	Unlimited	51	87	133	196	296	557	*									
30	Unlimited	31	50	72	98	128	164	210	273	372	629	*					
35	Unlimited	22	35	50	66	84	103	126	151	181	217	263	326	425	680	*	
40	Unlimited	89	168	318	*												
50	Unlimited	27	44	63	84	108	136	169	210	265	344	496	*				
60	297	16	25	36	46	58	70	83	97	113	130	149	170	194	222	255	297
70	130	11	18	25	32	39	47	55	64	73	83	93	103	115	127	130	
80	70	9	14	19	24	30	36	42	48	54	61	68	70				
90	50	7	11	15	20	24	29	33	38	43	48	50					
100	39	6	9	13	16	20	24	28	32	36	39						
110	32	5	8	11	14	17	20	24	27	30	32						
120	27	4	7	9	12	15	18	20	23	26	27						
130	23	3	6	8	11	13	16	18	21	23							
140	21	3	5	7	9	12	14	16	18	21							
150	17	3	5	6	8	10	12	15	17								
Exceptional Exposure																	
160	15	3	4	6	8	9	11	13	15								
170	13	4	5	7	9	10	12	13									
180	12		3	5	6	8	9	11	12								
190	10			4	6	7	9	10									

— Diver does not acquire a repetitive group designator during dives to these depths.

\* Highest repetitive group that can be achieved at this depth regardless of bottom time.

**Table 18-10. Residual Nitrogen Timetable for MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Dives.**

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual nitrogen time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the Table 18-11 to compute decompression for such dives.

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual nitrogen time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the Table 18-11 to compute decompression for such dives.

Repetitive Group at Beginning of Surface Interval																A	0:10 2:20 *
																B	0:10 1:17 1:16 3:36 *
																C	0:10 0:56 2:12 0:55 2:11 4:31 *
																D	0:10 0:53 1:48 3:04 0:52 1:47 3:03 5:23 *
																E	0:10 0:53 1:45 2:40 3:56 0:52 1:44 2:39 3:55 6:15 *
																F	0:10 0:53 1:45 2:38 3:32 4:46 0:52 1:44 2:37 3:31 4:48 7:08 *
																G	0:10 0:53 1:45 2:38 3:30 4:24 5:41 0:52 1:44 2:37 3:29 4:23 5:40 8:00 *
																H	0:10 0:53 1:45 2:38 3:30 4:22 5:17 6:33 0:52 1:44 2:37 3:29 4:21 5:16 6:32 8:52 *
																I	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:09 7:25 0:52 1:44 2:37 3:29 4:21 5:13 6:08 7:24 9:44 *
																J	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 7:01 8:17 0:52 1:44 2:37 3:29 4:21 5:13 6:06 7:00 8:16 10:36 *
																K	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:53 9:10 0:52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:52 9:09 11:29 *
																L	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:45 10:02 0:52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:44 10:01 12:21 *
																M	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:38 10:54 0:52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:37 10:53 13:13 *
																N	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:35 10:30 11:46 0:52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:34 10:29 11:45 14:06 *
																O	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:35 10:28 11:22 12:38 0:52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:34 10:27 11:21 12:37 14:58 *
																Z	0:10 0:53 1:45 2:38 3:30 4:22 5:14 6:07 6:59 7:51 8:43 9:35 10:28 11:20 12:14 13:31 0:52 1:44 2:37 3:29 4:21 5:13 6:06 6:58 7:50 8:42 9:34 10:27 11:19 12:13 13:30 15:50 *
Dive Depth	Z	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A	
10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
15	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
20	**	**	**	**	**	**	**	**	**	**	**	**	**	**	420	153	
25	**	**	**	**	**	**	**	**	**	**	556	296	196	134	88	51	
30	**	**	**	**	**	**	626	372	273	211	165	129	99	73	51	31	
35	**	**	671	423	325	263	218	181	152	126	104	84	67	51	36	22	
40	**	**	**	**	**	**	**	**	**	**	**	**	**	**	311	166	
50	**	**	**	**	**	481	339	262	209	168	135	107	84	63	44	27	
60	293	252	220	192	168	148	129	112	97	83	70	58	46	36	26	16	
70	153	139	126	114	103	92	82	73	64	56	47	40	32	25	18	12	
80	107	98	90	82	75	68	61	54	48	42	36	30	25	19	14	9	
90	82	76	70	64	59	54	48	43	38	34	29	25	20	16	12	8	
100	67	62	58	53	49	44	40	36	32	28	24	21	17	13	10	7	
110	57	53	49	45	41	38	34	31	28	24	21	18	15	12	9	6	
120	49	46	42	39	36	33	30	27	24	21	19	16	13	10	8	5	
130	43	40	38	35	32	29	27	24	22	19	17	14	12	9	7	5	
140	39	36	34	31	29	26	24	22	19	17	15	13	11	8	6	4	
150	35	33	31	28	26	24	22	20	18	16	14	12	10	8	6	4	
160	32	30	28	26	24	22	20	18	16	14	13	11	9	7	5	4	
170	30	28	26	24	22	20	19	17	15	13	12	10	8	7	5	3	
180	27	26	24	22	21	19	17	16	14	12	11	9	8	6	5	3	
190	25	24	22	21	19	18	16	15	13	12	10	9	7	6	4	3	
Residual Nitrogen Time (Minutes)																	

Residual Nitrogen Time (Minutes)

- Repetitive dives to these depths are equivalent to remaining on the surface. Add the bottom time of the dive to the preceding surface interval. Use the Surface Interval Credit Table (SICT) to determine the repetitive group at the end of the dive.

\*\* Residual Nitrogen Time cannot be determined using this table (see paragraph 9-9.1 for instructions).



**REPETITIVE DIVE WORKSHEET FOR  
MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> DIVES**

**Part 1. Previous Dive** \_\_\_\_\_ minutes  
\_\_\_\_\_ feet  
\_\_\_\_\_ repetitive group designator from [Table 18-9](#)  
if the dive was a no-decompression dive, or  
[Table 18-11](#) if the dive was a decompression dive.

**Part 2. Surface Interval:**

Enter the top section of [Table 18-10](#) at the row for the repetitive group designator from Part 1 and move horizontally to the column in which the actual or planned surface interval time lies. Read the final repetitive group designator from the bottom of this column.

\_\_\_\_\_ hours \_\_\_\_\_ minutes on the surface

\_\_\_\_\_ final repetitive group from [Table 18-10](#)

**Part 3. Equivalent Single Dive Time for the Repetitive Dive:**

Enter the bottom section of [Table 18-10](#) at the row for the maximum depth of the planned repetitive dive. Move horizontally to the column of the final repetitive group designator from Part 2 to find the Residual Nitrogen Time (RNT). Add this RNT to the planned bottom time for the repetitive dive to obtain the equivalent single dive time.

\_\_\_\_\_ minutes: RNT

+ \_\_\_\_\_ minutes: planned bottom time

= \_\_\_\_\_ minutes: equivalent single dive time

**Part 4. Decompression Schedule for the Repetitive Dive:**

Locate the row for the depth of the planned repetitive dive in [Table 18-9](#). Move horizontally to the column with bottom time equal to or just greater than the equivalent single dive time and read the surfacing repetitive group for the repetitive dive from the top of the column. If the equivalent single dive time exceeds the no-decompression limit, locate the row for the depth and equivalent single dive time in [Table 18-11](#). Read the required decompression stops and surfacing repetitive group from the columns to the right along this row.

\_\_\_\_\_ minutes: equivalent single dive time from Part 3

\_\_\_\_\_ feet: depth of the repetitive dive.

\_\_\_\_\_ Schedule (depth/bottom time) from [Table 18-9](#) or [Table 18-11](#).

Ensure RNT Exception Rule does not apply.

Figure 18-5. Repetitive Dive Worksheet for MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub>.



**Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables.**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
60 FSW										
297	2:00							0	2:00	Z
300	1:20							1	3:00	Z
310	1:20							2	4:00	Z
320	1:20							3	5:00	Z
330	1:20							4	6:00	Z
Exceptional Exposure -----										
340	1:20							5	7:00	
350	1:20							6	8:00	
360	1:20							7	9:00	
370	1:20							8	10:00	
380	1:20							9	11:00	
390	1:20							10	12:00	
70 FSW										
130	2:20							0	2:20	O
140	1:40							3	5:20	O
150	1:40							6	8:20	O
160	1:40							8	10:20	Z
170	1:40							10	12:20	Z
180	1:40							12	14:20	Z
190	1:40							14	16:20	Z
200	1:40							16	18:20	Z
210	1:40							19	21:20	Z
220	1:40							22	24:20	Z
230	1:40							24	26:20	Z
Exceptional Exposure -----										
240	1:40							26	28:20	
250	1:40							29	31:20	
260	1:40							31	33:20	
270	1:40							33	35:20	
280	1:40							35	37:20	
290	1:40							37	39:20	
300	1:40							38	40:20	
310	1:40							40	42:20	
320	1:40							42	44:20	
340	1:40							47	49:20	
350	1:40							49	51:20	

**Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables (Continued).**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
80 FSW										
70	2:40							0	2:40	L
75	2:00							2	4:40	L
80	2:00							4	6:40	M
85	2:00							5	7:40	M
90	2:00							6	8:40	N
95	2:00							7	9:40	N
100	2:00							9	11:40	N
110	2:00							12	14:40	O
120	2:00							16	18:40	O
130	2:00							20	22:40	Z
140	2:00							24	26:40	Z
150	2:00							27	29:40	Z
160	2:00							30	32:40	Z
170	2:00							34	36:40	Z
Exceptional Exposure -----										
180	2:00							39	41:40	
190	2:00							43	45:40	
200	2:00							47	49:40	
210	2:00							50	52:40	
220	2:00							54	56:40	
230	2:00							57	59:40	
240	2:00							60	62:40	
250	2:00							63	65:40	
260	2:00							67	69:40	
270	2:00							70	72:40	
280	2:00							74	76:40	
290	2:00							77	79:40	
300	2:00							81	83:40	
310	2:00							84	86:40	
320	2:00							87	89:40	

Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
90 FSW										
50	3:00							0	3:00	K
55	2:20							3	6:00	K
60	2:20							6	9:00	L
65	2:20							8	11:00	L
70	2:20							11	14:00	M
75	2:20							13	16:00	M
80	2:20							14	17:00	N
85	2:20							16	19:00	N
90	2:20							18	21:00	O
95	2:20							21	24:00	O
100	2:20							24	27:00	O
110	2:20							30	33:00	O
120	2:20							35	38:00	Z
130	2:20							40	43:00	Z
Exceptional Exposure -----										
140	2:20							45	48:00	
150	2:20							51	54:00	
160	2:20							57	60:00	
170	2:00						1	62	65:40	
180	2:00						2	66	70:40	
190	2:00						2	71	75:40	
100 FSW										
39	3:20							0	3:20	J
40	2:40							1	4:20	J
45	2:40							5	8:20	K
50	2:40							9	12:20	L
55	2:40							12	15:20	L
60	2:40							15	18:20	M
65	2:40							18	21:20	M
70	2:40							21	24:20	N
75	2:40							23	26:20	N
80	2:40							26	29:20	O
85	2:40							30	33:20	O
90	2:40							34	37:20	O
95	2:20						1	37	41:00	O
100	2:20						3	39	45:00	O
Exceptional Exposure -----										
110	2:20						6	43	52:00	
120	2:20						8	47	58:00	

Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
110 FSW										
32	3:40							0	3:40	J
35	3:00							3	6:40	J
40	3:00							8	11:40	K
45	3:00							13	16:40	L
50	3:00							17	20:40	L
55	3:00							21	24:40	M
60	3:00							25	28:40	M
65	3:00							28	31:40	N
70	2:40						1	30	34:20	O
75	2:40						4	32	38:20	O
80	2:40						7	34	44:20	O
Exceptional Exposure -----										
85	2:40						9	37	49:20	
90	2:40						11	39	53:20	
95	2:40						13	42	58:20	
100	2:40						15	44	62:20	
110	2:20					3	15	49	70:00	
120	2:20					6	15	56	80:00	
120 FSW										
27	4:00							0	4:00	J
30	3:20							4	8:00	J
35	3:20							10	14:00	K
40	3:20							16	20:00	L
45	3:20							21	25:00	L
50	3:20							26	30:00	M
55	3:20							30	34:00	M
60	3:00						4	31	38:40	N
65	3:00						8	30	41:40	O
Exceptional Exposure -----										
70	3:00						12	32	47:40	
75	3:00						15	35	53:40	
80	2:40					3	15	38	59:20	
85	2:40					6	15	41	65:20	
90	2:40					8	15	44	70:20	
95	2:40					10	15	47	75:20	
100	2:40					12	15	51	81:20	

Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
<b>130 FSW</b>										
23	4:20							0	4:20	I
25	3:40							2	6:20	J
30	3:40							10	14:20	K
35	3:40							17	21:20	K
40	3:40							23	27:20	L
45	3:40							29	33:20	M
50	3:20						4	30	38:00	N
55	3:20						9	30	43:00	N
Exceptional Exposure -----										
60	3:20						14	30	48:00	
65	3:00					3	15	33	54:40	
70	3:00					7	15	36	61:40	
75	3:00					11	15	39	68:40	
80	3:00					14	15	42	74:40	
<b>140 FSW</b>										
21	4:40							0	4:40	I
25	4:00							7	11:40	J
30	4:00							16	20:40	K
35	4:00							23	27:40	L
40	3:40						2	29	35:20	L
45	3:40						7	30	41:20	M
Exceptional Exposure -----										
50	3:20					1	12	30	47:00	
55	3:20					4	15	30	53:00	
60	3:20					9	15	33	61:00	
65	3:20					13	15	36	68:00	
70	3:00				3	15	15	40	76:40	
75	3:00				7	15	15	44	84:40	
80	3:00				10	15	15	50	93:40	

Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
150 FSW										
17	5:00							0	5:00	H
20	4:20							3	8:00	I
25	4:20							13	18:00	J
30	4:20							22	27:00	K
35	4:00						3	27	34:40	L
40	4:00						8	30	42:40	M
Exceptional Exposure -----										
45	3:40					4	11	30	49:20	
50	3:40					7	15	30	56:20	
55	3:20			2	11	15	33		65:00	
60	3:20			4	14	15	37		74:00	
65	3:20			8	15	15	40		82:00	
70	3:20			13	15	15	46		93:00	
75	3:00		2	15	15	15	52		102:40	
80	3:00		6	15	15	15	59		113:40	
160 FSW										
Exceptional Exposure -----										
15	5:20							0	5:20	H
20	4:40							7	12:20	J
25	4:20						1	17	23:00	K
30	4:20						3	25	33:00	L
35	4:00					1	8	28	41:40	M
40	4:00					5	10	30	49:40	
45	3:40			2	7	14	30		57:20	
50	3:40			5	10	15	33		67:20	
55	3:40			8	14	15	36		77:20	
60	3:20		3	10	15	15	41		88:00	
65	3:20		5	13	15	15	48		100:00	
70	3:20		8	15	15	15	55		112:00	
75	3:20		13	15	15	15	61		123:00	
80	3:00	3	15	15	15	15	68		134:40	



**Table 18-11. MK 16 MOD 1 N<sub>2</sub>O<sub>2</sub> Decompression Tables (Continued).**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)							Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop								
		80	70	60	50	40	30	20		
170 FSW										
Exceptional Exposure -----										
13	5:40							0	5:40	H
15	5:00							2	7:40	I
20	5:00							12	17:40	J
25	4:40						3	20	28:20	K
30	4:20					3	5	26	39:00	L
35	4:00				1	5	8	30	48:40	
40	4:00				4	7	12	30	57:40	
45	4:00				8	8	15	32	67:40	
50	3:40			4	7	13	15	36	79:20	
55	3:40			7	9	15	15	41	91:20	
60	3:20		2	7	14	15	15	48	105:00	
180 FSW										
Exceptional Exposure -----										
12	6:00							0	6:00	H
15	5:20							4	10:00	I
20	5:00						2	14	21:40	K
25	4:40					3	3	23	34:20	L
30	4:20				2	4	7	27	45:00	
35	4:00			1	3	8	9	30	55:40	
40	4:00			2	7	8	14	30	65:40	
45	4:00			6	7	11	15	35	78:40	
50	3:40		2	8	8	15	15	40	92:20	
55	3:40		5	8	12	15	15	49	108:20	
60	3:20	1	7	9	15	15	15	57	123:00	
190 FSW										
Exceptional Exposure -----										
10	6:20							0	6:20	G
15	5:40							6	12:20	J
20	5:00					1	4	16	26:40	K
25	4:40				2	4	4	24	39:20	L
30	4:20			2	3	5	8	29	52:00	
35	4:20			4	5	8	11	30	63:00	
40	4:00		2	5	8	8	15	34	76:40	
45	4:00		4	8	7	14	15	39	91:40	
50	3:40	1	7	8	11	15	15	47	108:20	
55	3:40	4	8	8	15	15	15	56	125:20	
60	3:40	7	7	13	15	15	15	65	141:20	

**Table 18-12. No Decompression Limits and Repetitive Group Designators for MK 16 MOD 1 HeO<sub>2</sub> Dives.**

Depth (fsw)	No-Stop Limit	Repetitive Group Designator															
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
10	Unlimited	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15	Unlimited	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
20	Unlimited	129	269	*													
25	Unlimited	45	72	106	146	200	278	425	*								
30	332	27	43	60	78	100	124	152	185	227	281	332					
35	190	19	30	41	54	67	81	97	114	133	154	178	190				
40	Unlimited	122	246	*													
50	325	27	43	59	78	99	123	150	183	223	276	325					
60	134	15	23	32	41	51	61	71	83	95	108	123	134				
70	86	11	16	22	28	34	41	47	54	61	69	77	85	86			
80	63	8	12	17	21	26	30	35	40	45	51	56	62	63			
90	44	6	10	13	17	20	24	28	32	36	40	44					
100	31	5	8	11	14	17	20	23	26	30	31						
110	24	4	7	9	12	14	17	20	22	24							
120	20	4	6	8	10	13	15	17	19	20							
130	17	3	5	7	9	11	13	15	17								
140	15	3	4	6	8	10	12	13	15								
150	13	3	4	6	7	9	10	12	13								
160	12		3	5	6	8	9	11	12								
170	11		3	4	6	7	9	10	11								
180	10		3	4	5	6	8	9	10								
190	9			4	5	6	7	8	9								
200	8				4	5	7	8									

- Diver does not acquire a repetitive group designator during dives to these depths.

\* Highest repetitive group that can be achieved at this depth regardless of bottom time.



Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual helium time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the [Table 18-14](#) to compute decompression for such dives.

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual helium time, in minutes, to be applied to the repetitive dive.

\* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the [Table 18-14](#) to compute decompression for such dives.

Dive Depth	Repetitive Group at Beginning of Surface Interval													Repetitive Group at End of the Surface Interval		
	Z	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A
10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
25	**	**	**	**	**	**	**	**	**	425	279	201	147	108	73	45
30	†	†	†	†	515	361	281	227	186	152	124	100	79	60	43	28
35	420	338	283	241	207	179	155	133	114	97	82	68	54	42	31	20
40	**	**	**	**	**	**	**	**	**	**	**	**	**	**	240	120
50	†	†	†	†	474	345	272	220	181	149	122	98	78	59	42	27
60	217	194	173	154	137	122	108	95	83	71	61	51	41	32	24	16
70	122	112	102	93	85	77	69	61	54	47	41	34	28	22	17	11
80	86	80	73	68	62	56	51	46	40	36	31	26	22	17	13	9
90	67	62	57	53	49	44	40	36	32	29	25	21	17	14	10	7
100	55	51	47	44	40	37	33	30	27	24	21	18	15	12	9	6
110	46	43	40	37	34	31	29	26	23	20	18	15	13	10	8	5
120	40	37	35	32	30	27	25	23	20	18	16	13	11	9	7	5
130	35	33	31	29	27	24	22	20	18	16	14	12	10	8	6	4
140	32	30	28	26	24	22	20	18	16	14	13	11	9	7	6	4
150	29	27	25	23	22	20	18	17	15	13	12	10	8	7	5	4
160	26	25	23	21	20	18	17	15	14	12	11	9	8	6	5	3
170	24	23	21	20	18	17	15	14	13	11	10	8	7	6	4	3
180	22	21	20	18	17	16	14	13	12	10	9	8	7	5	4	3
190	21	20	18	17	16	15	13	12	11	10	9	7	6	5	4	3
200	20	18	17	16	15	14	13	11	10	9	8	7	6	5	4	3

Residual Helium Time (Minutes)

- Repetitive dives to these depths are equivalent to remaining on the surface. Add the bottom time of the dive to the preceding surface interval. Use the Surface Interval Credit Table (SICT) to determine the repetitive group at the end of the dive.
- \*\* Residual Helium Time cannot be determined using this table (see [paragraph 9-9.1](#) for instructions).
- † Read vertically down to the 35 or 60 fsw repetitive dive depth to obtain the RHT. Decompress on the 35 or 60 fsw table.

**REPETITIVE DIVE WORKSHEET FOR  
MK 16 MOD 1 HeO<sub>2</sub> DIVES**

**Part 1. Previous Dive:**

\_\_\_\_\_ minutes  
 \_\_\_\_\_ feet  
 \_\_\_\_\_ repetitive group designator from [Table 18-12](#) if  
 the dive was a no-decompression dive, or from  
[Table 18-14](#) if the dive was a decompression  
 dive.

**Part 2. Surface Interval:**

Enter the top section of [Table 18-13](#) at the row for the repetitive group designator from Part 1 and move horizontally to the right to the column in which the time equal to or just greater than the actual or planned surface interval time lies. Read the final repetitive group designator from the bottom of this column.

\_\_\_\_\_ hours \_\_\_\_\_ minutes on the surface  
 \_\_\_\_\_ final repetitive group from [Table 18-13](#)

**Part 3. Equivalent Single Dive Time for the Repetitive Dive:**

Enter the bottom section of [Table 18-13](#) at the row for the maximum depth of the planned repetitive dive. Move horizontally to the right to the column of the final repetitive group designator from Part 2 to find the Residual Helium Time (RHT). Add this RHT to the planned bottom time for the repetitive dive to obtain the equivalent single dive time.

\_\_\_\_\_ minutes: RHT  
 + \_\_\_\_\_ minutes: planned bottom time  
 = \_\_\_\_\_ minutes: equivalent single dive time

**Part 4. Decompression Schedule for the Repetitive Dive:**

Locate the row for the depth of the planned repetitive dive in [Table 18-12](#). Move horizontally to the right to the column with bottom time equal to or just greater than the equivalent single dive time and read the surfacing repetitive group for the repetitive dive from the top of the column. If the equivalent single dive time exceeds the no-decompression limit, locate the row for the depth and equivalent single dive time in [Table 18-14](#). Read the required decompression stops and surfacing repetitive group from the columns to the right along this row.

\_\_\_\_\_ minutes: equivalent single dive time from Part 3  
 \_\_\_\_\_ feet: depth of the repetitive dive  
 \_\_\_\_\_ Schedule (depth/bottom time) from [Table 18-12](#) or [Table 18-14](#)

Ensure RHT Exception Rule does not apply.

Figure 18-6. Repetitive Dive Worksheet for MK 16 MOD 1 HeO<sub>2</sub> Dives.

**Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables.**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
30 FSW																			
332	1:00																0	1:00	
340	0:20																4	5:00	
360	0:20																13	14:00	
420	0:20																34	35:00	
480	0:20																48	49:00	
540	0:20																59	60:00	
600	0:20																70	71:00	
660	0:20																87	88:00	
720	0:20																101	102:00	
35 FSW																			
190	1:10																0	1:10	L
200	0:30																12	13:10	L
210	0:30																23	24:10	
220	0:30																33	34:10	
230	0:30																42	43:10	
240	0:30																50	51:10	
270	0:30																71	72:10	
300	0:30																89	90:10	
330	0:30																103	104:10	
360	0:30																115	116:10	
390	0:30																126	127:10	
420	0:30																145	146:10	
450	0:30																162	163:10	
480	0:30																177	178:10	
50 FSW																			
325	1:40																0	1:40	K
330	1:00																1	2:40	K
340	1:00																2	3:40	K
350	1:00																3	4:40	K
360	1:00																5	6:40	K
420	1:00																11	12:40	
480	1:00																15	16:40	
540	1:00																18	19:40	
600	1:00																21	22:40	
660	1:00																25	26:40	
720	1:00																29	30:40	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
<b>60 FSW</b>																			
134	2:00																0	2:00	L
140	1:20																3	5:00	L
150	1:20																8	10:00	L
160	1:20																12	14:00	L
170	1:20																16	18:00	L
180	1:20																20	22:00	
190	1:20																24	26:00	
200	1:20																27	29:00	
210	1:20																31	33:00	
220	1:20																34	36:00	
230	1:20																37	39:00	
240	1:20																40	42:00	
250	1:20																42	44:00	
260	1:20																45	47:00	
270	1:20																47	49:00	
280	1:20																49	51:00	
290	1:20																51	53:00	
300	1:20																53	55:00	
310	1:20																55	57:00	
320	1:20																57	59:00	
330	1:20																59	61:00	
340	1:20																61	63:00	
350	1:20																64	66:00	
360	1:20																66	68:00	
<b>70 FSW</b>																			
86	2:20																0	2:20	M
90	1:40																3	5:20	M
95	1:40																8	10:20	
100	1:40																12	14:20	
110	1:40																19	21:20	
120	1:40																26	28:20	
130	1:40																33	35:20	
140	1:40																39	41:20	
150	1:40																45	47:20	
160	1:40																50	52:20	
170	1:40																55	57:20	
180	1:40																60	62:20	
190	1:40																64	66:20	
200	1:40																68	70:20	
210	1:40																72	74:20	
220	1:40																76	78:20	



Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
80 FSW																			
63	2:40																0	2:40	M
65	2:00																2	4:40	M
70	2:00																8	10:40	
75	2:00																14	16:40	
80	2:00																19	21:40	
85	2:00																24	26:40	
90	2:00																29	31:40	
95	2:00																34	36:40	
100	2:00																39	41:40	
110	2:00																48	50:40	
120	2:00																56	58:40	
130	2:00																63	65:40	
140	2:00																70	72:40	
150	2:00																76	78:40	
160	2:00																82	84:40	
170	2:00																88	90:40	
180	2:00																93	95:40	
190	2:00																98	100:40	
90 FSW																			
44	3:00																0	3:00	K
45	2:20																1	4:00	K
50	2:20																2	5:00	L
55	2:20																7	10:00	M
60	2:20																15	18:00	
65	2:20																22	25:00	
70	2:20																29	32:00	
75	2:20																35	38:00	
80	2:20																41	44:00	
85	2:20																47	50:00	
90	2:20																53	56:00	
95	2:20																58	61:00	
100	2:20																63	66:00	
110	2:20																73	76:00	
120	2:20																82	85:00	
130	2:20																90	93:00	
140	2:20																97	100:00	
150	2:20																105	108:00	
160	2:20																112	115:00	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
100 FSW																			
31	3:20																0	3:20	J
35	2:40																2	5:20	K
40	2:40																4	7:20	L
45	2:40																6	9:20	M
50	2:40																16	19:20	
55	2:40																24	27:20	
60	2:40																33	36:20	
65	2:40																41	44:20	
70	2:40																48	51:20	
75	2:40																55	58:20	
80	2:40																62	65:20	
85	2:40																68	71:20	
90	2:40																74	77:20	
95	2:40																80	83:20	
100	2:40																85	88:20	
110	2:40																96	99:20	
120	2:40																105	108:20	
130	2:20															1	114	118:00	
140	2:20															1	124	128:00	
110 FSW																			
24	3:40																0	3:40	I
25	3:00																1	4:40	I
30	3:00																4	7:40	J
35	3:00																7	10:40	L
40	3:00																10	13:40	M
45	3:00																21	24:40	
50	3:00																31	34:40	
55	3:00																40	43:40	
60	2:40															1	49	53:20	
65	2:40															2	57	62:20	
70	2:40															3	64	70:20	
75	2:40															4	71	78:20	
80	2:40															5	77	85:20	
85	2:40															5	84	92:20	
90	2:40															6	89	98:20	
95	2:40															6	95	104:20	
100	2:40															6	101	110:20	
110	2:40															7	112	122:20	
EXCEPTIONAL EXPOSURE -----																			
120	2:40															7	123	133:20	
130	2:40															7	136	146:20	
140	2:20														1	7	149	160:00	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
<b>120 FSW</b>																			
20	4:00																0	4:00	I
25	3:20																4	8:00	J
30	3:20																8	12:00	K
35	3:20																12	16:00	M
40	3:20																23	27:00	
45	3:00															2	34	39:40	
50	3:00															4	43	50:40	
55	3:00															6	52	61:40	
60	3:00															7	60	70:40	
65	2:40														2	7	68	80:20	
70	2:40														3	7	76	89:20	
75	2:40														3	8	83	97:20	
80	2:40														4	7	91	105:20	
85	2:40														5	7	97	112:20	
90	2:40														5	8	103	119:20	
95	2:40														6	7	110	126:20	
EXCEPTIONAL EXPOSURE -----																			
100	2:40														6	7	117	133:20	
110	2:40														7	7	131	148:20	
120	2:40														7	7	145	162:20	
<b>130 FSW</b>																			
17	4:20																0	4:20	H
20	3:40																3	7:20	I
25	3:40																8	12:20	K
30	3:40																13	17:20	L
35	3:20															2	21	27:00	L
40	3:20															5	32	41:00	L
45	3:00														1	7	43	54:40	L
50	3:00														3	7	53	66:40	
55	3:00														5	7	63	78:40	
60	3:00														6	8	71	88:40	
65	2:40													1	7	7	81	99:20	
70	2:40													2	7	7	89	108:20	
75	2:40													3	7	7	97	117:20	
80	2:40													3	8	7	104	125:20	
85	2:40													4	8	7	111	133:20	
EXCEPTIONAL EXPOSURE -----																			
90	2:40													5	7	7	119	141:20	
95	2:40													5	8	7	127	150:20	
100	2:40													6	7	7	136	159:20	
110	2:40													6	8	7	152	176:20	
120	2:40													7	7	18	159	194:20	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
140 FSW																			
15	4:40																0	4:40	H
20	4:00																7	11:40	J
25	4:00																12	16:40	K
30	3:40															3	16	23:20	M
35	3:40															7	29	40:20	
40	3:20														3	7	42	56:00	
45	3:20														6	7	53	70:00	
50	3:00													1	8	7	64	83:40	
55	3:00													3	8	7	74	95:40	
60	3:00													5	8	7	84	107:40	
65	3:00													7	7	7	93	117:40	
70	2:40												1	7	8	7	101	127:20	
75	2:40												2	7	8	7	110	137:20	
EXCEPTIONAL EXPOSURE -----																			
80	2:40												3	7	8	7	118	146:20	
85	2:40												4	7	7	8	127	156:20	
90	2:40												4	8	7	7	137	166:20	
95	2:40												5	7	7	8	146	176:20	
100	2:40												5	8	7	8	155	186:20	
150 FSW																			
13	5:00																0	5:00	H
15	4:20																3	8:00	H
20	4:20																10	15:00	J
25	4:00															2	14	20:40	L
30	4:00															7	24	35:40	L
35	3:40														4	8	37	53:20	L
40	3:20													1	7	8	50	70:00	
45	3:20													4	8	7	63	86:00	
50	3:20													7	7	8	74	100:00	
55	3:00												2	8	7	7	86	113:40	
60	3:00												4	8	7	7	96	125:40	
65	3:00												6	7	7	8	105	136:40	
70	3:00												7	7	8	7	114	146:40	
EXCEPTIONAL EXPOSURE -----																			
75	2:40											1	8	7	7	8	124	158:20	
80	2:40											2	8	7	7	8	135	170:20	
85	2:40											3	7	8	7	7	146	181:20	
90	2:40											4	7	7	8	9	155	193:20	



Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																		
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20			
160 FSW																				
12	5:20																0	5:20	H	
15	4:40																5	10:20	I	
20	4:40																13	18:20	K	
25	4:20																6	16	27:00	M
30	4:00														4	8	31	47:40		
35	3:40													2	7	8	46	67:20		
40	3:40													6	8	7	60	85:20		
45	3:20												3	7	7	8	73	102:00		
50	3:20												6	7	7	8	85	117:00		
55	3:00										1	7	8	7	7	97	130:40			
60	3:00										3	7	8	7	8	107	143:40			
EXCEPTIONAL EXPOSURE -----																				
65	3:00										5	7	8	7	7	118	155:40			
70	3:00										6	8	7	7	8	130	169:40			
75	3:00										8	7	7	8	7	142	182:40			
80	2:40									2	7	7	8	7	7	154	195:20			
85	2:40									2	8	7	8	7	16	158	209:20			
90	2:40									3	8	7	7	8	25	161	222:20			
170 FSW																				
11	5:40																0	5:40	H	
15	5:00																8	13:40	I	
20	4:40															2	15	22:20	K	
25	4:20														2	8	22	37:00	L	
30	4:00													2	7	7	39	59:40	L	
35	4:00													7	7	8	55	81:40		
40	3:40												4	8	7	7	70	100:20		
45	3:20										1	7	8	7	7	84	118:00			
50	3:20										4	7	8	7	8	96	134:00			
55	3:20										7	7	7	8	7	108	148:00			
EXCEPTIONAL EXPOSURE -----																				
60	3:00										2	7	8	7	7	8	120	162:40		
65	3:00										4	7	8	7	7	8	134	178:40		
70	3:00										5	8	7	8	7	7	148	193:40		
75	3:00										7	7	8	7	7	12	157	208:40		
80	2:40									1	7	8	7	7	8	22	160	223:20		

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
180 FSW																			
10	6:00																0	6:00	H
15	5:20																11	17:00	J
20	5:00															6	14	25:40	L
25	4:40														6	8	29	48:20	L
30	4:20													6	7	8	47	73:00	
35	4:00												4	8	7	8	64	95:40	
40	3:40											2	8	7	7	8	80	116:20	
45	3:40												6	8	7	7	8	94	134:20
50	3:20										3	7	7	8	7	7	108	151:00	
EXCEPTIONAL EXPOSURE -----																			
55	3:20										5	8	7	8	7	7	121	167:00	
60	3:00									1	7	8	7	7	8	7	136	184:40	
65	3:00									3	7	8	7	7	8	7	151	201:40	
70	3:00									5	7	7	8	7	7	16	158	218:40	
190 FSW																			
9	6:20																0	6:20	H
10	5:40																2	8:20	H
15	5:40																14	20:20	J
20	4:40													1	1	8	16	31:20	M
25	3:20									1	0	0	0	4	7	7	38	61:00	
30	3:00								1	0	0	2	2	7	7	8	57	87:40	
35	2:40							1	0	0	2	0	8	7	8	7	75	111:20	
40	2:20						1	0	0	0	2	6	8	7	7	8	91	133:00	
45	2:20						1	0	0	0	5	7	8	7	7	8	105	151:00	
50	2:20						1	0	0	0	8	8	7	8	7	7	120	169:00	
EXCEPTIONAL EXPOSURE -----																			
55	2:20						1	0	0	4	8	7	7	8	7	7	138	190:00	
60	2:20						1	0	0	7	7	8	7	7	8	7	153	208:00	
65	2:20						1	0	2	7	7	8	7	7	8	19	159	228:00	
70	2:20						1	0	3	8	7	8	7	7	8	31	164	247:00	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group		
		Stop times (min) include travel time, except first stop																		
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20			
200 FSW																				
8	6:40																0	6:40	G	
10	6:00																5	11:40	H	
15	5:20															1	1	15	23:00	K
20	3:20									1	0	0	2	0	0	5	7	25	44:00	L
25	2:00				1	0	0	0	2	0	1	0	1	7	7	7	47	75:40	L	
30	1:20		1	0	0	2	0	0	0	2	0	1	7	7	8	7	69	106:00		
35	1:20		1	0	1	1	0	0	2	0	0	7	7	7	8	7	87	130:00		
40	1:00	1	0	1	1	0	0	2	0	0	5	8	7	7	8	7	104	152:40		
45	1:00	1	0	1	1	0	0	2	0	2	7	8	7	8	7	7	120	172:40		
EXCEPTIONAL EXPOSURE -----																				
50	1:00	1	0	1	1	0	1	0	1	6	7	7	8	7	8	7	139	195:40		
55	1:00	1	0	1	1	0	1	0	2	8	7	7	8	7	8	8	155	215:40		
60	1:00	1	0	1	1	0	1	0	5	7	8	7	7	8	7	22	161	237:40		
210 FSW																				
5	7:00																0	7:00		
10	6:20																5	12:00		
15	6:00															7	5	18:40		
20	5:00												5	3	2	2	28	45:40		
25	4:20										3	3	3	2	3	3	57	79:00		
30	4:20										6	3	2	2	6	12	76	112:00		
35	3:40								3	3	3	2	3	5	12	12	95	142:20		
40	3:20							3	2	3	2	3	5	12	11	12	113	170:00		
EXCEPTIONAL EXPOSURE -----																				
45	3:20							4	2	3	2	4	11	12	12	11	131	196:00		
50	3:20							4	3	2	3	10	11	12	12	11	149	221:00		
55	3:00					3	2	3	2	7	11	11	12	11	12	11	165	242:40		
60	3:20						5	3	2	11	12	11	11	12	21	173	265:00			

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		
220 FSW																		
5	7:20																0	7:20
10	6:40																5	12:20
15	5:40													4	3	2	6	21:20
20	5:00										4	3	2	3	2	37	56:40	
25	5:00										7	3	3	2	8	65	93:40	
30	4:00							3	3	2	3	3	3	10	12	84	127:40	
35	4:20								8	2	3	2	12	12	11	106	161:00	
40	4:20								9	3	2	12	11	12	11	126	191:00	
EXCEPTIONAL EXPOSURE -----																		
45	3:40							6	2	3	2	10	12	11	12	11	144	217:20
50	4:00								8	3	8	11	12	11	11	12	164	244:40
55	4:00								9	4	12	11	12	11	11	18	177	269:40
230 FSW																		
5	7:40																0	7:40
10	7:00																6	13:40
15	6:00													5	3	2	9	25:40
20	5:00									3	3	2	3	3	2	46	67:40	
25	4:40								5	2	3	3	2	3	12	71	106:20	
30	4:00						3	3	2	3	2	3	6	12	12	93	143:40	
35	4:00						5	3	2	3	2	8	12	12	11	116	178:40	
EXCEPTIONAL EXPOSURE -----																		
40	3:20					2	3	2	3	2	3	8	12	11	12	11	137	210:00
45	4:00						8	2	3	7	12	11	11	12	11	159	240:40	
50	3:20					4	3	2	3	5	11	13	11	11	16	174	268:00	
55	3:00				2	3	2	4	2	12	11	11	11	11	38	172	293:40	
240 FSW																		
5	8:00																0	8:00
10	7:20																8	16:00
15	6:00												4	3	2	4	15	34:40
20	5:20										5	2	3	2	3	3	54	78:00
25	5:20										9	3	2	2	8	12	80	122:00
30	4:20						5	3	2	2	3	3	11	12	12	103	161:00	
35	4:20						7	3	2	3	4	12	11	12	12	127	198:00	
EXCEPTIONAL EXPOSURE -----																		
40	4:20						8	3	3	4	12	12	11	12	12	150	232:00	
45	4:20						10	2	4	12	12	11	12	11	12	173	264:00	
50	3:40				6	3	2	3	12	11	11	12	11	11	32	174	292:20	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
<b>250 FSW</b>																			
5	8:20																0	8:20	
10	7:40																9	17:20	
15	6:20												5	3	3	2	24	44:00	
20	5:40									6	3	2	3	3	6	61	90:20		
25	5:00								6	3	2	2	3	3	12	12	87	135:40	
30	4:20						4	3	3	2	3	2	8	11	12	12	112	177:00	
EXCEPTIONAL EXPOSURE -----																			
35	4:40							9	2	3	2	10	12	12	11	12	139	217:20	
40	4:20						8	3	2	3	11	12	11	11	12	11	164	253:00	
45	4:00					7	3	3	2	11	11	12	11	11	12	25	175	287:40	
50	3:40				6	2	3	3	9	12	11	11	12	11	11	49	175	319:20	
<b>260 FSW</b>																			
5	8:40																0	8:40	
10	8:00																11	19:40	
15	6:20											4	3	3	2	3	31	53:00	
20	5:40									5	3	3	2	3	3	10	67	102:20	
25	5:20								8	3	2	2	3	7	13	12	96	152:00	
30	4:40						6	3	2	3	2	3	12	12	13	11	123	195:20	
EXCEPTIONAL EXPOSURE -----																			
35	4:40						8	3	3	2	6	12	12	11	12	11	151	236:20	
40	4:20						8	3	2	3	7	12	12	11	11	12	14	175	275:00
45	4:00					7	3	2	3	8	12	11	11	11	12	11	42	173	310:40
<b>270 FSW</b>																			
5	8:20																5	14:00	
10	8:20																13	22:00	
15	6:20										3	3	3	2	3	3	39	63:00	
20	6:20										9	3	2	3	5	12	75	116:00	
25	5:40								9	3	2	3	3	12	11	12	105	166:20	
EXCEPTIONAL EXPOSURE -----																			
30	5:00						8	3	2	3	2	9	11	12	11	12	134	212:40	
35	4:40						8	3	2	3	3	11	12	12	11	11	12	163	256:20
40	4:20					8	3	3	1	5	12	12	11	11	11	12	30	174	298:00
45	4:20					9	3	2	5	12	13	10	11	11	12	11	56	176	336:00



Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
<b>280 FSW</b>																			
5	8:40																	5	14:20
10	8:40																	14	23:20
15	7:00											7	3	2	3	3	47	72:40	
20	6:20									9	2	3	2	3	9	12	82	129:00	
25	5:20						6	3	3	2	3	2	7	12	12	12	114	182:00	
EXCEPTIONAL EXPOSURE -----																			
30	5:20						10	3	2	3	3	12	12	11	12	12	145	231:00	
35	4:40				8	2	3	2	3	8	12	12	11	11	11	13	176	277:20	
40	4:40				10	2	3	2	11	12	11	12	12	10	12	45	174	321:20	
45	4:40				11	3	3	11	11	12	11	11	11	12	11	72	178	362:20	
<b>290 FSW</b>																			
5	9:00																	5	14:40
10	8:00													4	4	2	6	24:40	
15	7:00										6	3	2	3	3	2	55	81:40	
20	6:20							8	2	3	2	3	4	12	12	88	141:00		
25	5:40						8	3	2	3	3	2	12	12	11	12	122	196:20	
EXCEPTIONAL EXPOSURE -----																			
30	5:00				7	3	2	3	3	2	9	12	12	11	11	12	156	248:40	
35	5:00				10	2	3	2	5	12	11	12	11	11	12	28	176	300:40	
40	5:00				12	2	3	7	12	11	12	11	11	11	12	59	177	345:40	
45	5:00				13	3	9	11	12	11	11	11	11	11	18	82	180	388:40	
<b>300 FSW</b>																			
5	9:20																	5	15:00
10	8:20													6	3	2	9	29:00	
15	7:00									5	3	2	3	2	3	5	61	91:40	
20	6:20						7	3	2	3	2	4	6	12	12	96	154:00		
25	5:20				5	3	2	3	3	2	3	7	12	11	12	11	132	212:00	
EXCEPTIONAL EXPOSURE -----																			
30	5:20				9	3	2	3	2	5	12	12	11	11	12	12	169	269:00	
35	5:20				12	2	3	2	10	12	11	12	11	11	12	41	176	321:00	
40	5:20				14	2	4	12	12	11	11	12	11	11	11	74	180	371:00	

Table 18-14. MK 16 MOD 1 HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)														Total Ascent Time (M:S)	Repet Group
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20

### 310 FSW

EXCEPTIONAL EXPOSURE -----																			
10	8:20													5	2	3	3	14	36:00
15	7:20								6	3	3	2	3	2	9	66		102:00	
20	6:20					6	3	2	3	2	3	3	12	11	12	103		167:00	
25	6:00					9	3	2	3	3	2	12	11	12	12	11	142	228:40	
30	5:40					11	3	2	2	3	10	12	11	11	12	12	17	176	288:20
35	5:40					14	2	3	6	12	11	12	11	11	11	12	55	178	344:20
40	5:40					16	2	10	12	11	12	11	11	11	11	19	83	182	397:20

### 320 FSW

EXCEPTIONAL EXPOSURE																		
10	8:20											4	2	3	3	2	21	44:00
15	7:40							8	3	2	3	2	3	12	71	112:20		
20	6:20			6	2	3	2	3	2	4	5	12	12	12	111	181:00		
25	6:20			11	3	2	2	3	7	12	11	12	11	12	153	246:00		
30	6:00			13	2	3	2	6	12	11	12	11	11	12	30	177	308:40	
35	6:00			15	3	3	11	12	11	12	11	11	11	12	68	182	368:40	
40	6:00			18	7	11	12	11	11	11	12	11	11	35	83	185	424:40	

DECOMPRESSION CHARTS USED IN SURFACE SUPPLIED HELIUM-  
OXYGEN DIVING OPERATIONS

# HEO2 TABLES



**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table.**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Depth (fsw)		Decompression Stops (fsw)																				Chamber O <sub>2</sub> Periods
		Stop times (min) include travel time, except first HeO <sub>2</sub> and first O <sub>2</sub> stop																				
		Bottom Time (min.)		190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20	
Time to First Stop (min:sec)		BOTTOM MIX										50% O <sub>2</sub>										100% O <sub>2</sub>

**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Decompression Stops (fsw)																						Chamber O <sub>2</sub> Periods
Stop times (min) include travel time, except first HeO <sub>2</sub> and first O <sub>2</sub> stop																						
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20	100% O <sub>2</sub>	
			BOTTOM MIX										50% O <sub>2</sub>									
100	10	3:20																			0	
	15	3:20																			0	
	20	2:00																10	11	17	1	
	30	2:00																10	15	24	2	
	40	2:00																10	18	32	2	
	60	2:00																10	25	44	3	
	80	2:00																10	28	52	3	
110	100	2:00																10	31	56	3	
	120	2:00																10	32	58	3	
	10	2:20																10	8	11	1	
	20	2:20																10	12	20	1	
	30	2:20																10	17	28	2	
	40	2:20																10	20	36	2	
	60	2:20																10	27	49	3	
120	80	2:20																10	31	58	3	
	100	2:20																10	33	62	4	
	Exceptional Exposure																					
	120	2:20																10	35	64	4	
	10	2:40																10	9	13	1	
	20	2:40																10	14	23	2	
	30	2:40																10	19	33	2	
130	40	2:40																10	23	42	3	
	60	2:40																10	30	55	3	
	80	2:40																10	34	63	4	
	100	2:40																10	36	66	4	
	Exceptional Exposure																					
	120	2:40																10	35	65	4	
	10	2:40																10	6	8	1	
130	20	2:40																10	10	12	1	
	30	2:40																10	18	30	2	
	40	2:20																7	10	22	40	
	60	2:20																7	10	29	52	
	80	2:20																7	10	33	60	
	Exceptional Exposure																					
	100	2:20																7	10	35	64	
130	120	2:20																7	11	35	66	
																					4	

**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Decompression Stops (fsw)																				
Stop times (min) include travel time, except first HeO <sub>2</sub> and first O <sub>2</sub> stop																				
Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20	100% O <sub>2</sub>
		50% O <sub>2</sub>																		
BOTTOM MIX																				
10	3:00															10	10	6	8	1
20	3:00															10	10	12	19	1
30	3:00															10	10	18	30	2
40	2:40														7	10	10	22	40	2
60	2:40														7	10	10	29	52	3
80	2:40														7	10	10	33	60	3
Exceptional Exposure																				
100	2:40														7	10	10	35	64	4
120	2:40														7	11	11	35	66	4
-----																				
10	3:20															10	10	7	8	1
20	3:00														7	10	10	14	22	2
30	3:00														7	10	10	19	34	2
40	3:00														7	10	10	24	44	3
60	3:00														7	10	10	31	56	3
80	3:00														7	10	10	35	64	4
Exceptional Exposure																				
100	3:00														7	13	13	36	66	4
120	3:00														9	16	16	36	66	5
-----																				
10	3:20															7	10	8	10	1
20	3:20														7	10	10	15	24	2
30	3:20														7	10	10	21	37	2
40	3:20														7	10	10	26	47	3
60	3:00														7	6	10	30	56	3
Exceptional Exposure																				
80	3:00														7	9	10	35	66	4
100	3:00														7	13	14	35	66	5
120	3:00														7	17	17	36	66	5
-----																				
10	3:20															7	0	10	8	1
20	3:20														7	0	10	16	28	2
30	3:20														7	1	10	23	42	3
40	3:20														7	4	10	28	52	3
60	3:20														7	10	10	33	62	4
Exceptional Exposure																				
80	3:20														9	14	14	35	66	4
100	3:00													7	5	18	18	36	66	5
120	3:00													7	9	21	21	36	66	5
-----																				
Max O <sub>2</sub> =21.1% Min O <sub>2</sub> =14.0%																				

**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Decompression Stops (fsw)																					
Stop times (min) include travel time, except first HeO <sub>2</sub> and first O <sub>2</sub> stop																					
Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20	Chamber O <sub>2</sub> Periods	
		BOTTOM MIX																		100% O <sub>2</sub>	
		50% O <sub>2</sub>																			
Exceptional Exposure																					
10	3:40													7	0	10	10	9	14	1	
20	3:40														7	0	10	10	17	30	2
30	3:40													7	4	10	10	25	45	3	
40	3:20												7	0	8	10	10	30	54	3	
60	3:20												7	5	11	11	11	35	64	4	
Exceptional Exposure																					
80	3:20												7	9	15	15	36	66	4		
100	3:20												7	13	19	19	36	66	5		
120	3:20												7	17	23	23	36	66	6		
10	4:00													7	0	10	10	10	15	1	
20	3:40												7	0	2	10	10	19	34	2	
30	3:40												7	0	7	10	10	26	46	3	
40	3:40												7	4	9	10	10	31	56	3	
Exceptional Exposure																					
60	3:40												7	9	13	13	34	62	4		
80	3:20											7	3	13	18	18	36	66	5		
100	3:20											7	6	16	21	21	36	66	6		
120	3:20											7	8	20	23	23	36	66	7		
10	4:00													7	0	0	10	10	11	17	1
20	4:00												7	0	4	10	10	20	36	2	
30	3:40											7	0	3	7	10	10	27	50	3	
40	3:40											7	0	7	10	10	31	58	3		
Exceptional Exposure																					
60	3:40											7	4	10	14	14	35	66	4		
80	3:40											7	8	14	18	18	36	66	5		
100	3:40											7	12	17	23	23	36	66	6		
120	3:40											8	15	21	23	23	36	66	7		
10	4:20													7	0	0	10	10	12	19	1
20	4:00											7	0	1	6	10	10	22	38	2	
30	4:00											7	0	6	7	10	10	29	53	3	
40	4:00											7	3	9	10	10	33	60	3		
Exceptional Exposure																					
60	3:40											7	0	9	11	17	17	35	66	5	
80	3:40											7	3	11	15	20	20	36	66	6	
100	3:40											7	6	14	19	23	23	36	66	7	
120	3:40											7	8	18	23	23	36	66	7		







**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

300

Depth (fsw)

Bottom Time (min.)

Time to First Stop (min:sec)

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

40

30

20

Chamber O<sub>2</sub> Periods

2

3

5

Stop times (min) include travel time, except first HeO<sub>2</sub> and first O<sub>2</sub> stop

50% O<sub>2</sub>

100% O<sub>2</sub>

10

20

30

6:00

5:40

5:40

Exceptional Exposure

40

60

80

100

120

5:40

5:20

5:20

5:20

5:20

Bottom MIX

7

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2

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5

9

9

14

14

34

63

10

20

30

40

60

80

100

120

6:00

5:40

5:40

4:40

5:20

5:20

5:20

5:20

Exceptional Exposure

40

60

80

100

120

5:40

5:20

5:20

5:20

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7

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**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Depth (fsw)	Decompression Stops (fsw)																						
	Stop times (min) include travel time, except first HeO <sub>2</sub> and first O <sub>2</sub> stop																						
	Bottom Time (min.)		Time to First Stop (min:sec)										50% O <sub>2</sub>									100% O <sub>2</sub>	
Exceptional Exposure		190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20	100% O <sub>2</sub>			
340	10	6:40					7	0	0	0	3	3	3	4	7	10	10	23	41	3			
	20	6:20				7	0	0	2	4	5	7	8	9	10	10	10	33	60	5			
	30	6:00				7	0	0	3	5	6	8	9	13	18	18	18	35	66	6			
	40	6:00				7	0	2	4	6	7	8	10	13	16	22	22	36	66	7			
	60	5:40			7	0	3	5	6	9	10	13	16	18	21	23	23	36	66	8			
	80	5:40			7	0	7	7	8	11	13	15	19	20	23	23	23	36	66	8			
	100	5:40			7	2	8	8	12	13	16	17	19	20	23	23	23	36	66	8			
120	5:40			7	4	9	11	13	15	16	17	19	20	23	23	23	36	66	8				
350																							
	10	6:40				7	0	0	0	2	2	3	3	5	7	10	10	24	43	3			
	20	6:20				7	0	0	4	4	5	5	7	9	13	13	13	33	63	5			
	30	6:20				7	0	1	4	4	5	7	8	11	13	18	18	36	66	6			
	40	6:00			7	0	1	3	5	6	7	8	11	14	17	23	23	36	66	7			
	60	6:00			7	0	5	5	8	11	12	16	19	23	23	23	23	36	66	8			
	80	6:00			7	2	7	7	10	11	13	17	19	20	23	23	23	36	66	8			
100	5:40			7	0	6	8	9	11	15	16	17	19	20	23	23	36	66	8				
120	5:40			7	1	7	9	12	14	15	16	17	19	20	23	23	36	66	8				
360																							
	10	7:00				7	0	0	0	2	2	3	3	7	7	10	10	25	44	3			
	20	6:40				7	0	0	2	3	4	5	5	8	10	13	13	34	63	5			
	30	6:20				7	0	0	3	5	6	7	8	11	13	19	19	36	66	7			
	40	6:20				7	0	2	4	5	7	7	9	10	14	20	23	23	36	66	8		
	60	6:20				7	2	5	6	7	9	11	14	16	19	23	23	36	66	8			
	80	6:00			7	0	6	6	8	11	12	14	16	19	20	23	23	36	66	8			
100	6:00			7	2	7	8	11	13	16	17	19	20	23	23	23	36	66	8				
120	6:00			7	4	8	10	12	14	15	16	17	19	20	23	23	36	66	8				



**Table 14-3. Surface-Supplied Helium-Oxygen Decompression Table (Continued).**  
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Depth (fsw)	Decompression Stops (fsw)																					Chamber O <sub>2</sub> Periods		
	Stop times (min) include travel time, except first HeO <sub>2</sub> and first O <sub>2</sub> stop																							
	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20						
Bottom Time (min.)			BOTTOM MIX																		100% O <sub>2</sub>			
Exceptional Exposure																								
10	7:00				7	0	0	0	0	3	3	3	3	3	7	10	10	25	46	3				
20	6:40			7	0	0	0	3	4	4	5	5	8	10	13	13	34	63	5					
30	6:20		7	0	0	2	3	4	4	7	7	8	11	16	19	19	36	66	7					
40	6:20		7	0	0	4	4	5	6	8	10	11	14	20	23	23	36	66	8					
60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	23	36	66	8					
80	6:00	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	36	66	8					
100	6:00	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	36	66	8					
120	6:00	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	36	66	8					
Exceptional Exposure																								
10	7:20				7	0	0	0	0	3	3	3	3	3	7	10	10	25	46	3				
20	7:00			7	0	0	0	3	4	4	5	5	8	10	13	13	34	63	6					
30	6:40		7	0	0	2	3	4	4	7	7	8	11	16	19	19	36	66	7					
40	6:40		7	0	0	4	4	5	6	8	10	11	14	20	23	23	36	66	8					
60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	23	36	66	8					
80	6:20	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	36	66	8					
100	6:20	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	36	66	8					
120	6:20	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	36	66	8					
Exceptional Exposure																								
10	7:20				7	0	0	0	0	3	3	3	3	3	7	10	10	25	46	3				
20	7:00			7	0	0	0	3	4	4	5	5	8	10	13	13	34	63	6					
30	6:40		7	0	0	2	3	4	4	7	7	8	11	16	19	19	36	66	7					
40	6:40		7	0	0	4	4	5	6	8	10	11	14	20	23	23	36	66	8					
60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	23	36	66	8					
80	6:20	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	36	66	8					
100	6:20	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	36	66	8					
120	6:20	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	36	66	8					
Exceptional Exposure																								
10	7:20				7	0	0	0	0	3	3	3	3	3	7	10	10	25	46	3				
20	7:00			7	0	0	0	3	4	4	5	5	8	10	13	13	34	63	6					
30	6:40		7	0	0	2	3	4	4	7	7	8	11	16	19	19	36	66	7					
40	6:40		7	0	0	4	4	5	6	8	10	11	14	20	23	23	36	66	8					
60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	23	36	66	8					
80	6:20	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	36	66	8					
100	6:20	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	36	66	8					
120	6:20	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	36	66	8					
Exceptional Exposure																								
10	7:20				7	0	0	0	0	3	3	3	3	3	7	10	10	25	46	3				
20	7:00			7	0	0	0	3	4	4	5	5	8	10	13	13	34	63	6					
30	6:40		7	0	0	2	3	4	4	7	7	8	11	16	19	19	36	66	7					
40	6:40		7	0	0	4	4	5	6	8	10	11	14	20	23	23	36	66	8					
60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	23	36	66	8					
80	6:20	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	36	66	8					
100	6:20	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	36	66	8					
120	6:20	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	36	66	8					
Exceptional Exposure																								

Max O<sub>2</sub>=10.6%  
Min O<sub>2</sub>=10.0%

Max O<sub>2</sub>=10.4%  
Min O<sub>2</sub>=10.0%