

APPENDIX E. VVAL-76 AIR DECOMPRESSION TABLES

The following Air Decompression tables are calculated with the Thalmann Algorithm parameterized with the VVal-76 parameter set. The VVal-76 Tables have shorter no-stop limits and longer decompression times for some schedules than the VVal-18M Thalmann Algorithm Tables. These tables have not been evaluated for risk of decompression sickness or for the impact of parameter changes on repetitive diving.

DCA parameters:

TTIS	T	RE_MODE	2
RGD_SPRSS	2	RNDUPD	T
SRF_CNTRL_MODE	0	LST_DOMode	1

Descent Rate 75 fsw/minute; Ascent Rate 30 fsw/minute
 Travel Time in stops except first stop on gas mix

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)					Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time							
				70	60	50	40	30			
30	371	1:00	AIR					0	1:00	0	Z
			AIR/O ₂					0	1:00		
30	420	0:20	AIR					22	23:00	0.5	Z
			AIR/O ₂					5	6:00		
30	480	0:20	AIR					42	43:00	0.5	
			AIR/O ₂					9	10:00		
30	540	0:20	AIR					71	72:00	1	
			AIR/O ₂					14	15:00		
30	600	0:20	AIR					92	93:00	1	
			AIR/O ₂					19	20:00		
30	660	0:20	AIR					120	121:00	1	
			AIR/O ₂					22	23:00		
30	720	0:20	AIR					158	159:00	1	
			AIR/O ₂					27	28:00		
40	163	1:20	AIR					0	1:20	0	O
			AIR/O ₂					0	1:20		
40	170	0:40	AIR					6	7:20	0.5	O
			AIR/O ₂					2	3:20		
40	180	0:40	AIR					14	15:20	0.5	Z
			AIR/O ₂					5	6:20		
40	190	0:40	AIR					21	22:20	0.5	Z
			AIR/O ₂					7	8:20		
40	200	0:40	AIR					27	28:20	0.5	Z
			AIR/O ₂					9	10:20		
40	210	0:40	AIR					39	40:20	0.5	Z
			AIR/O ₂					11	12:20		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)					Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG	
				Stop Times (min) include travel time								
				70	60	50	40	30				
40	220	0:40	AIR						52	53:20	0.5	Z
			AIR/O ₂						12	13:20		
40	230	0:40	AIR						64	65:20	1	
			AIR/O ₂						16	17:20		
40	240	0:40	AIR						75	76:20	1	
			AIR/O ₂						19	20:20		
40	270	0:40	AIR						101	102:20	1	
			AIR/O ₂						26	27:20		
40	300	0:40	AIR						128	129:20	1.5	
			AIR/O ₂						33	34:20		
40	330	0:40	AIR						160	161:20	1.5	
			AIR/O ₂						38	44:20		
40	360	0:40	AIR						184	185:20	2	
			AIR/O ₂						44	50:20		
40	420	0:40	AIR						248	249:20	2.5	
			AIR/O ₂						56	62:20		
40	480	0:40	AIR						321	322:20	2.5	
			AIR/O ₂						68	79:20		
40	540	0:40	AIR						372	373:20	3	
			AIR/O ₂						80	91:20		
50	92	1:40	AIR						0	1:40	0	M
			AIR/O ₂						0	1:40		
50	95	1:00	AIR						2	3:40	0.5	M
			AIR/O ₂						1	2:40		
50	100	1:00	AIR						4	5:40	0.5	N
			AIR/O ₂						2	3:40		
50	110	1:00	AIR						8	9:40	0.5	O
			AIR/O ₂						4	5:40		
50	120	1:00	AIR						21	22:40	0.5	O
			AIR/O ₂						7	8:40		
50	130	1:00	AIR						34	35:40	0.5	Z
			AIR/O ₂						12	13:40		
50	140	1:00	AIR						45	46:40	1	Z
			AIR/O ₂						16	17:40		
50	150	1:00	AIR						56	57:40	1	Z
			AIR/O ₂						19	20:40		
50	160	1:00	AIR						78	79:40	1	Z
			AIR/O ₂						23	24:40		
50	170	1:00	AIR						96	97:40	1	
			AIR/O ₂						26	27:40		
50	180	1:00	AIR						111	112:40	1.5	
			AIR/O ₂						30	31:40		
50	190	1:00	AIR						125	126:40	1.5	
			AIR/O ₂						35	36:40		
50	200	1:00	AIR						136	137:40	1.5	
			AIR/O ₂						39	45:40		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
50	210	1:00	AIR						147	148:40	2	
			AIR/O ₂						43	49:40		
50	220	1:00	AIR						166	167:40	2	
			AIR/O ₂						47	53:40		
50	230	1:00	AIR						183	184:40	2	
			AIR/O ₂						50	56:40		
50	240	1:00	AIR						198	199:40	2	
			AIR/O ₂						53	59:40		
50	270	1:00	AIR						236	237:40	2.5	
			AIR/O ₂						62	68:40		
50	300	1:00	AIR						285	286:40	3	
			AIR/O ₂						74	85:40		
50	330	1:00	AIR						345	346:40	3.5	
			AIR/O ₂						83	94:40		
50	360	1:00	AIR						393	394:40	3.5	
			AIR/O ₂						92	103:40		
60	63	2:00	AIR						0	2:00	0	K
			AIR/O ₂						0	2:00		
60	65	1:20	AIR						2	4:00	0.5	L
			AIR/O ₂						1	3:00		
60	70	1:20	AIR						7	9:00	0.5	L
			AIR/O ₂						4	6:00		
60	75	1:20	AIR						10	12:00	0.5	M
			AIR/O ₂						5	7:00		
60	80	1:20	AIR						14	16:00	0.5	N
			AIR/O ₂						7	9:00		
60	85	1:20	AIR						17	19:00	0.5	N
			AIR/O ₂						9	11:00		
60	90	1:20	AIR						23	25:00	0.5	O
			AIR/O ₂						10	12:00		
60	95	1:20	AIR						33	35:00	0.5	O
			AIR/O ₂						12	14:00		
60	100	1:20	AIR						42	44:00	1	Z
			AIR/O ₂						15	17:00		
60	110	1:20	AIR						57	59:00	1	Z
			AIR/O ₂						21	23:00		
60	120	1:20	AIR						75	77:00	1	Z
			AIR/O ₂						26	28:00		
60	130	1:20	AIR						102	104:00	1.5	
			AIR/O ₂						31	33:00		
60	140	1:20	AIR						124	126:00	1.5	
			AIR/O ₂						35	37:00		
60	150	1:20	AIR						143	145:00	2	
			AIR/O ₂						41	48:00		
60	160	1:20	AIR						158	160:00	2	
			AIR/O ₂						48	55:00		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
60	170	1:20	AIR						178	180:00	2	
			AIR/O ₂						53	60:00		
60	180	1:20	AIR						201	203:00	2.5	
			AIR/O ₂						59	66:00		
60	190	1:20	AIR						222	224:00	2.5	
			AIR/O ₂						64	71:00		
60	200	1:20	AIR						240	242:00	2.5	
			AIR/O ₂						68	80:00		
60	210	1:20	AIR						256	258:00	3	
			AIR/O ₂						73	85:00		
60	220	1:20	AIR						278	280:00	3	
			AIR/O ₂						77	89:00		
60	230	1:20	AIR						300	302:00	3.5	
			AIR/O ₂						82	94:00		
60	240	1:20	AIR						321	323:00	3.5	
			AIR/O ₂						88	100:00		
60	270	1:20	AIR						398	400:00	4	
			AIR/O ₂						102	119:00		
70	48	2:20	AIR						0	2:20	0	K
			AIR/O ₂						0	2:20		
70	50	1:40	AIR						2	4:20	0.5	K
			AIR/O ₂						1	3:20		
70	55	1:40	AIR						9	11:20	0.5	L
			AIR/O ₂						5	7:20		
70	60	1:40	AIR						14	16:20	0.5	M
			AIR/O ₂						8	10:20		
70	65	1:40	AIR						19	21:20	0.5	N
			AIR/O ₂						10	12:20		
70	70	1:40	AIR						24	26:20	0.5	N
			AIR/O ₂						13	15:20		
70	75	1:40	AIR						32	34:20	1	O
			AIR/O ₂						15	17:20		
70	80	1:40	AIR						44	46:20	1	O
			AIR/O ₂						17	19:20		
70	85	1:40	AIR						55	57:20	1	Z
			AIR/O ₂						20	22:20		
70	90	1:40	AIR						64	66:20	1	Z
			AIR/O ₂						24	26:20		
70	95	1:40	AIR						73	75:20	1.5	Z
			AIR/O ₂						28	30:20		
70	100	1:40	AIR						88	90:20	1.5	Z
			AIR/O ₂						31	33:20		
70	110	1:40	AIR						120	122:20	1.5	
			AIR/O ₂						38	45:20		
70	120	1:40	AIR						145	147:20	2	
			AIR/O ₂						44	51:20		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)					Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG	
				Stop Times (min) include travel time								
				70	60	50	40	30				
70	130	1:40	AIR						167	169:20	2	
			AIR/O ₂						51	58:20		
70	140	1:40	AIR						189	191:20	2.5	
			AIR/O ₂						59	66:20		
70	150	1:40	AIR						219	221:20	2.5	
			AIR/O ₂						66	78:20		
70	160	1:20	AIR					1	244	247:00	3	
			AIR/O ₂					1	72	85:00		
70	170	1:20	AIR					2	265	269:00	3	
			AIR/O ₂					1	78	91:00		
70	180	1:20	AIR					4	289	295:00	3.5	
			AIR/O ₂					2	83	97:00		
70	190	1:20	AIR					5	316	323:00	3.5	
			AIR/O ₂					3	88	103:00		
70	200	1:20	AIR					9	345	356:00	4	
			AIR/O ₂					5	93	115:00		
70	210	1:20	AIR					13	378	393:00	4	
			AIR/O ₂					7	98	122:00		
80	38	2:40	AIR						0	2:40	0	J
			AIR/O ₂						0	2:40		
80	40	2:00	AIR						2	4:40	0.5	J
			AIR/O ₂						1	3:40		
80	45	2:00	AIR						10	12:40	0.5	K
			AIR/O ₂						5	7:40		
80	50	2:00	AIR						17	19:40	0.5	M
			AIR/O ₂						9	11:40		
80	55	2:00	AIR						24	26:40	0.5	M
			AIR/O ₂						13	15:40		
80	60	2:00	AIR						30	32:40	1	N
			AIR/O ₂						16	18:40		
80	65	2:00	AIR						40	42:40	1	O
			AIR/O ₂						19	21:40		
80	70	2:00	AIR						54	56:40	1	O
			AIR/O ₂						22	24:40		
80	75	2:00	AIR						67	69:40	1	Z
			AIR/O ₂						25	27:40		
80	80	2:00	AIR						77	79:40	1.5	Z
			AIR/O ₂						30	32:40		
80	85	2:00	AIR						93	95:40	1.5	Z
			AIR/O ₂						34	36:40		
80	90	2:00	AIR						114	116:40	1.5	
			AIR/O ₂						39	46:40		
80	95	2:00	AIR						131	133:40	2	
			AIR/O ₂						43	50:40		
80	100	1:40	AIR					1	147	150:20	2	
			AIR/O ₂					1	46	54:20		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG	
				Stop Times (min) include travel time									
				70	60	50	40	30	20				
80	110	1:40	AIR						6	171	179:20	2	
			AIR/O ₂						3	51	61:20		
80	120	1:40	AIR						10	200	212:20	2.5	
			AIR/O ₂						5	59	71:20		
80	130	1:40	AIR						14	232	248:20	3	
			AIR/O ₂						7	67	86:20		
80	140	1:40	AIR						17	258	277:20	3.5	
			AIR/O ₂						9	73	94:20		
80	150	1:40	AIR						19	285	306:20	3.5	
			AIR/O ₂						10	80	102:20		
80	160	1:40	AIR						21	318	341:20	4	
			AIR/O ₂						11	86	114:20		
80	170	1:40	AIR						27	354	383:20	4	
			AIR/O ₂						14	90	121:20		
90	30	3:00	AIR							0	3:00	0	I
			AIR/O ₂							0	3:00		
90	35	2:20	AIR							6	9:00	0.5	J
			AIR/O ₂							3	6:00		
90	40	2:20	AIR							14	17:00	0.5	L
			AIR/O ₂							7	10:00		
90	45	2:20	AIR							23	26:00	0.5	M
			AIR/O ₂							12	15:00		
90	50	2:20	AIR							31	34:00	1	N
			AIR/O ₂							17	20:00		
90	55	2:20	AIR							39	42:00	1	O
			AIR/O ₂							21	24:00		
90	60	2:20	AIR							56	59:00	1	O
			AIR/O ₂							24	27:00		
90	65	2:20	AIR							70	73:00	1.5	Z
			AIR/O ₂							28	31:00		
90	70	2:20	AIR							83	86:00	1.5	Z
			AIR/O ₂							32	35:00		
90	75	2:20	AIR							103	106:00	1.5	Z
			AIR/O ₂							38	46:00		
90	80	2:00	AIR						5	125	132:40	2	
			AIR/O ₂						3	40	50:40		
90	85	2:00	AIR						9	143	154:40	2	
			AIR/O ₂						5	43	55:40		
90	90	2:00	AIR						13	158	173:40	2	
			AIR/O ₂						7	46	60:40		
90	95	2:00	AIR						16	171	189:40	2.5	
			AIR/O ₂						8	49	64:40		
90	100	2:00	AIR						19	185	206:40	2.5	
			AIR/O ₂						10	53	70:40		
90	110	2:00	AIR						25	224	251:40	3	
			AIR/O ₂						13	61	86:40		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)					Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG	
				Stop Times (min) include travel time								
				70	60	50	40	30				20
90	120	1:40	AIR				2	28	256	288:20	3.5	
			AIR/O ₂				2	14	70	98:40		
90	130	1:40	AIR				5	28	291	326:20	3.5	
			AIR/O ₂				5	14	79	110:40		
90	140	1:40	AIR				8	28	330	368:20	4	
			AIR/O ₂				8	14	87	126:40		
100	24	3:20	AIR						0	3:20	0	H
			AIR/O ₂						0	3:20		
100	25	2:40	AIR						1	4:20	0.5	H
			AIR/O ₂						1	4:20		
100	30	2:40	AIR						8	11:20	0.5	J
			AIR/O ₂						4	7:20		
100	35	2:40	AIR						15	18:20	0.5	L
			AIR/O ₂						8	11:20		
100	40	2:40	AIR						26	29:20	1	M
			AIR/O ₂						14	17:20		
100	45	2:40	AIR						36	39:20	1	N
			AIR/O ₂						19	22:20		
100	50	2:40	AIR						47	50:20	1	O
			AIR/O ₂						24	27:20		
100	55	2:40	AIR						65	68:20	1.5	Z
			AIR/O ₂						29	32:20		
100	60	2:40	AIR						81	84:20	1.5	Z
			AIR/O ₂						33	36:20		
100	65	2:20	AIR					5	99	107:00	1.5	Z
			AIR/O ₂					3	36	47:00		
100	70	2:20	AIR					11	124	138:00	2	
			AIR/O ₂					6	39	53:00		
100	75	2:20	AIR					16	144	163:00	2	
			AIR/O ₂					9	42	59:00		
100	80	2:20	AIR					21	160	184:00	2.5	
			AIR/O ₂					11	45	64:00		
100	85	2:20	AIR					26	174	203:00	2.5	
			AIR/O ₂					13	48	69:00		
100	90	2:00	AIR				2	28	196	228:40	2.5	
			AIR/O ₂				2	14	53	82:00		
100	95	2:00	AIR				5	29	220	256:40	3	
			AIR/O ₂				5	15	59	92:00		
100	100	2:00	AIR				9	28	241	280:40	3	
			AIR/O ₂				9	14	66	102:00		
100	110	2:00	AIR				14	28	278	322:40	3.5	
			AIR/O ₂				14	14	76	117:00		
100	120	2:00	AIR				19	28	324	373:40	4	
			AIR/O ₂				19	14	85	136:00		
110	19	3:40	AIR						0	3:40	0	G
			AIR/O ₂						0	3:40		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
110	20	3:00	AIR						1	4:40	0.5	H
			AIR/O ₂						1	4:40		
110	25	3:00	AIR						7	10:40	0.5	I
			AIR/O ₂						4	7:40		
110	30	3:00	AIR						15	18:40	0.5	K
			AIR/O ₂						8	11:40		
110	35	3:00	AIR						27	30:40	1	M
			AIR/O ₂						14	17:40		
110	40	3:00	AIR						39	42:40	1	N
			AIR/O ₂						20	23:40		
110	45	3:00	AIR						50	53:40	1	O
			AIR/O ₂						26	29:40		
110	50	3:00	AIR						71	74:40	1.5	Z
			AIR/O ₂						32	35:40		
110	55	2:40	AIR					5	85	93:20	1.5	Z
			AIR/O ₂					3	33	44:20		
110	60	2:40	AIR					13	111	127:20	2	
			AIR/O ₂					7	36	51:20		
110	65	2:40	AIR					20	135	158:20	2	
			AIR/O ₂					10	40	58:20		
110	70	2:40	AIR					26	155	184:20	2.5	
			AIR/O ₂					14	42	64:20		
110	75	2:20	AIR			4	28	173	208:00	2.5		
			AIR/O ₂			4	14	47	73:20			
110	80	2:20	AIR			9	28	200	240:00	2.5		
			AIR/O ₂			9	14	54	90:20			
110	85	2:20	AIR			13	29	226	271:00	3		
			AIR/O ₂			13	15	60	101:20			
110	90	2:20	AIR			18	28	249	298:00	3.5		
			AIR/O ₂			18	14	68	113:20			
110	95	2:20	AIR			21	29	268	321:00	3.5		
			AIR/O ₂			21	15	73	122:20			
110	100	2:20	AIR			25	28	295	351:00	3.5		
			AIR/O ₂			25	14	79	131:20			
110	110	2:00	AIR		5	26	28	353	414:40	4		
			AIR/O ₂		5	26	14	91	154:00			
120	16	4:00	AIR						0	4:00	0	G
			AIR/O ₂						0	4:00		
120	20	3:20	AIR						5	9:00	0.5	H
			AIR/O ₂						3	7:00		
120	25	3:20	AIR						14	18:00	0.5	J
			AIR/O ₂						7	11:00		
120	30	3:20	AIR						24	28:00	0.5	L
			AIR/O ₂						13	17:00		
120	35	3:20	AIR						38	42:00	1	N
			AIR/O ₂						20	24:00		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
120	40	3:20	AIR						51	55:00	1	O
			AIR/O ₂						27	31:00		
120	45	3:20	AIR						72	76:00	1.5	Z
			AIR/O ₂						33	37:00		
120	50	3:00	AIR					10	85	98:40	1.5	Z
			AIR/O ₂					5	33	46:40		
120	55	3:00	AIR					19	116	138:40	2	
			AIR/O ₂					10	35	53:40		
120	60	3:00	AIR					27	142	172:40	2	
			AIR/O ₂					14	39	61:40		
120	65	2:40	AIR				6	28	164	201:20	2.5	
			AIR/O ₂				6	14	45	73:40		
120	70	2:40	AIR				13	28	190	234:20	2.5	
			AIR/O ₂				13	14	51	86:40		
120	75	2:40	AIR				18	29	220	270:20	3	
			AIR/O ₂				18	15	59	105:40		
120	80	2:40	AIR				24	28	246	301:20	3	
			AIR/O ₂				24	14	67	118:40		
120	85	2:20	AIR		3	26	28	28	269	329:00	3.5	
			AIR/O ₂		3	26	14	74	130:20			
120	90	2:20	AIR		7	26	28	28	303	367:00	3.5	
			AIR/O ₂		7	26	14	80	140:20			
130	14	4:20	AIR						0	4:20	0	G
			AIR/O ₂						0	4:20		
130	15	3:40	AIR						2	6:20	0.5	G
			AIR/O ₂						1	5:20		
130	20	3:40	AIR						9	13:20	0.5	I
			AIR/O ₂						5	9:20		
130	25	3:40	AIR						21	25:20	0.5	K
			AIR/O ₂						11	15:20		
130	30	3:40	AIR						34	38:20	1	M
			AIR/O ₂						18	22:20		
130	35	3:40	AIR						49	53:20	1	N
			AIR/O ₂						26	30:20		
130	40	3:20	AIR					3	67	74:00	1.5	Z
			AIR/O ₂					2	31	37:00		
130	45	3:20	AIR					12	84	100:00	1.5	Z
			AIR/O ₂					6	33	48:00		
130	50	3:20	AIR					22	116	142:00	2	
			AIR/O ₂					12	34	55:00		
130	55	3:00	AIR			4	28	28	145	180:40	2	
			AIR/O ₂			4	14	40	67:00			
130	60	3:00	AIR			12	28	28	170	213:40	2.5	
			AIR/O ₂			12	14	46	81:00			
130	65	3:00	AIR			20	28	28	203	254:40	2.5	
			AIR/O ₂			20	14	54	102:00			

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
130	70	2:40	AIR			1	26	28	235	293:20	3	
			AIR/O ₂			1	26	14	63	117:40		
130	75	2:40	AIR			7	25	29	262	326:20	3.5	
			AIR/O ₂			7	25	15	71	131:40		
130	80	2:40	AIR			12	26	28	297	366:20	3.5	
			AIR/O ₂			12	26	14	79	144:40		
140	12	4:40	AIR						0	4:40	0	F
			AIR/O ₂						0	4:40		
140	15	4:00	AIR						5	9:40	0.5	H
			AIR/O ₂						3	7:40		
140	20	4:00	AIR						15	19:40	0.5	J
			AIR/O ₂						8	12:40		
140	25	4:00	AIR						28	32:40	1	L
			AIR/O ₂						15	19:40		
140	30	4:00	AIR						44	48:40	1	N
			AIR/O ₂						23	27:40		
140	35	3:40	AIR					4	59	67:20	1.5	O
			AIR/O ₂					2	30	36:20		
140	40	3:40	AIR					11	80	95:20	1.5	Z
			AIR/O ₂					6	33	48:20		
140	45	3:20	AIR				3	21	113	141:00	2	
			AIR/O ₂				3	11	34	57:20		
140	50	3:20	AIR				8	27	145	184:00	2	
			AIR/O ₂				8	14	39	71:20		
140	55	3:20	AIR				16	28	171	219:00	2.5	
			AIR/O ₂				16	14	46	85:20		
140	60	3:00	AIR			2	23	28	209	265:40	3	
			AIR/O ₂			2	23	14	56	109:00		
140	65	3:00	AIR			7	26	28	245	309:40	3	
			AIR/O ₂			7	26	14	66	127:00		
140	70	3:00	AIR			14	25	29	276	347:40	3.5	
			AIR/O ₂			14	25	15	74	142:00		
140	75	3:00	AIR			20	26	28	316	393:40	4	
			AIR/O ₂			20	26	14	83	162:00		
150	10	5:00	AIR						0	5:00	0	F
			AIR/O ₂						0	5:00		
150	15	4:20	AIR						9	14:00	0.5	H
			AIR/O ₂						5	10:00		
150	20	4:20	AIR						21	26:00	0.5	K
			AIR/O ₂						11	16:00		
150	25	4:20	AIR						35	40:00	1	M
			AIR/O ₂						19	24:00		
150	30	4:00	AIR					4	50	58:40	1.5	O
			AIR/O ₂					2	26	32:40		
150	35	4:00	AIR					12	72	88:40	1.5	Z
			AIR/O ₂					6	31	46:40		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
150	40	3:40	AIR				5	17	102	128:20	2	Z
			AIR/O ₂				5	9	33	56:40		
150	45	3:40	AIR				11	24	141	180:20	2	
			AIR/O ₂				11	12	39	71:40		
150	50	3:20	AIR			3	15	28	170	220:00	2.5	
			AIR/O ₂			3	15	14	46	87:20		
150	55	3:20	AIR			7	21	28	212	272:00	3	
			AIR/O ₂			7	21	14	57	113:20		
150	60	3:20	AIR			11	26	28	248	317:00	3	
			AIR/O ₂			11	26	14	67	132:20		
150	65	3:00	AIR	1		18	26	28	286	362:40	3.5	
			AIR/O ₂	1		18	26	14	77	150:00		
160	9	5:20	AIR						0	5:20	0	F
			AIR/O ₂						0	5:20		
160	10	4:40	AIR						1	6:20	0.5	F
			AIR/O ₂						1	6:20		
160	15	4:40	AIR						13	18:20	0.5	I
			AIR/O ₂						7	12:20		
160	20	4:40	AIR						27	32:20	1	L
			AIR/O ₂						15	20:20		
160	25	4:20	AIR					4	40	49:00	1	N
			AIR/O ₂					2	21	28:00		
160	30	4:00	AIR				1	9	59	73:40	1.5	O
			AIR/O ₂				1	5	28	39:00		
160	35	4:00	AIR				5	14	84	107:40	1.5	Z
			AIR/O ₂				5	7	33	55:00		
160	40	4:00	AIR				12	20	130	166:40	2	
			AIR/O ₂				12	10	38	70:00		
160	45	3:40	AIR			5	13	28	164	214:20	2.5	
			AIR/O ₂			5	13	14	44	85:40		
160	50	3:40	AIR			10	19	28	207	268:20	3	
			AIR/O ₂			10	19	14	55	112:40		
160	55	3:20	AIR	2		12	26	28	248	320:00	3	
			AIR/O ₂	2		12	26	14	67	135:20		
160	60	3:20	AIR	6		17	25	29	291	372:00	3.5	
			AIR/O ₂	6		17	25	15	77	154:20		
170	8	5:40	AIR						0	5:40	0	E
			AIR/O ₂						0	5:40		
170	10	5:00	AIR						3	8:40	0.5	G
			AIR/O ₂						2	7:40		
170	15	5:00	AIR						16	21:40	0.5	J
			AIR/O ₂						9	14:40		
170	20	4:40	AIR					2	31	38:20	1	L
			AIR/O ₂					1	17	23:20		
170	25	4:20	AIR				1	7	45	58:00	1	N
			AIR/O ₂				1	4	23	33:20		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)						Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time								
				70	60	50	40	30	20			
170	30	4:20	AIR				5	11	72	93:00	1.5	Z
			AIR/O ₂				5	6	29	45:20		
170	35	4:00	AIR			2	10	16	113	145:40	2	
			AIR/O ₂			2	10	8	36	66:00		
170	40	4:00	AIR			6	13	23	155	201:40	2.5	
			AIR/O ₂			6	13	12	43	84:00		
170	45	3:40	AIR		1	11	16	28	194	254:20	2.5	
			AIR/O ₂		1	11	16	14	52	108:40		
170	50	3:40	AIR		5	12	23	28	243	315:20	3	
			AIR/O ₂		5	12	23	14	66	134:40		
170	55	3:40	AIR		9	16	25	28	287	369:20	3.5	
			AIR/O ₂		9	16	25	14	77	155:40		
180	7	6:00	AIR						0	6:00	0	E
			AIR/O ₂						0	6:00		
180	10	5:20	AIR						6	12:00	0.5	G
			AIR/O ₂						4	10:00		
180	15	5:20	AIR						20	26:00	0.5	J
			AIR/O ₂						11	17:00		
180	20	5:00	AIR					5	34	44:40	1	M
			AIR/O ₂					3	18	26:40		
180	25	4:40	AIR				5	7	54	71:20	1.5	O
			AIR/O ₂				5	3	27	40:40		
180	30	4:20	AIR			3	6	14	84	112:00	1.5	Z
			AIR/O ₂			3	6	7	32	58:20		
180	35	4:20	AIR			6	12	18	139	180:00	2	
			AIR/O ₂			6	12	9	41	78:20		
180	40	4:00	AIR		2	11	13	27	175	232:40	2.5	
			AIR/O ₂		2	11	13	14	47	97:00		
180	45	4:00	AIR		7	12	19	28	232	302:40	3	
			AIR/O ₂		7	12	19	14	62	129:00		
180	50	3:40	AIR	1	11	13	25	28	276	358:20	3.5	
			AIR/O ₂	1	11	13	25	14	75	153:40		
180	55	3:40	AIR	5	11	19	26	28	336	429:20	4	
			AIR/O ₂	5	11	19	26	14	87	181:40		
190	6	6:20	AIR						0	6:20	0	E
			AIR/O ₂						0	6:20		
190	10	5:40	AIR						9	15:20	0.5	H
			AIR/O ₂						5	11:20		
190	15	5:40	AIR						25	31:20	1	K
			AIR/O ₂						14	20:20		
190	20	5:00	AIR				2	7	37	51:40	1	N
			AIR/O ₂				2	4	19	31:00		
190	25	4:40	AIR			2	6	9	67	89:20	1.5	Z
			AIR/O ₂			2	6	5	28	46:40		
190	30	4:20	AIR		1	6	8	14	112	146:00	2	
			AIR/O ₂		1	6	8	7	36	68:20		

Depth (fsw)	Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (fsw)					Total Ascent Time (M:S)	Chamb. O ₂ Periods	RG
				Stop Times (min) include travel time							
				70	60	50	40	30			
190	35	4:20	AIR		3	9	12	22	161	212:00	2.5
			AIR/O ₂		3	9	12	11	45	90:20	
190	40	4:20	AIR		7	12	14	29	210	277:00	3
			AIR/O ₂		7	12	14	15	56	119:20	
190	45	4:00	AIR	3	10	12	23	28	262	342:40	3.5
			AIR/O ₂	3	10	12	23	14	72	149:00	
190	50	4:00	AIR	8	10	16	26	28	322	414:40	4
			AIR/O ₂	8	10	16	26	14	84	178:00	