

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.

* 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.

† 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 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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	1:00		
380	0:20	AIR									5	6:00	0.5	Z
		AIR/O ₂									1	2:00		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
420	0:20	AIR									22	23:00	0.5	Z
		AIR/O ₂									5	6:00		
480	0:20	AIR									42	43:00	0.5	
		AIR/O ₂									9	10:00		
540	0:20	AIR									71	72:00	1	
		AIR/O ₂									14	15:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
600	0:20	AIR									92	93:00	1	
		AIR/O ₂									19	20:00		
660	0:20	AIR									120	121:00	1	
		AIR/O ₂									22	23:00		
720	0:20	AIR									158	159:00	1	
		AIR/O ₂									27	28:00		
35 FSW														
232	1:10	AIR									0	1:10	0	Z
		AIR/O ₂									0	1:10		
240	0:30	AIR									4	5:10	0.5	Z
		AIR/O ₂									2	3:10		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
270	0:30	AIR									28	29:10	0.5	Z
		AIR/O ₂									7	8:10		
300	0:30	AIR									53	54:10	0.5	Z
		AIR/O ₂									13	14:10		
330	0:30	AIR									71	72:10	1	Z
		AIR/O ₂									18	19:10		
360	0:30	AIR									88	89:10	1	
		AIR/O ₂									22	23:10		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
420	0:30	AIR									134	135:10	1.5	
		AIR/O ₂									29	30:10		
480	0:30	AIR									173	174:10	1.5	
		AIR/O ₂									38	44:10		
540	0:30	AIR									228	229:10	2	
		AIR/O ₂									45	51:10		
600	0:30	AIR									277	278:10	2	
		AIR/O ₂									53	59:10		
660	0:30	AIR									314	315:10	2.5	
		AIR/O ₂									63	69:10		
720	0:30	AIR									342	343:10	3	
		AIR/O ₂									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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	1:20		
170	0:40	AIR									6	7:20	0.5	O
		AIR/O ₂									2	3:20		
180	0:40	AIR									14	15:20	0.5	Z
		AIR/O ₂									5	6:20		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
190	0:40	AIR									21	22:20	0.5	Z
		AIR/O ₂									7	8:20		
200	0:40	AIR									27	28:20	0.5	Z
		AIR/O ₂									9	10:20		
210	0:40	AIR									39	40:20	0.5	Z
		AIR/O ₂									11	12:20		
220	0:40	AIR									52	53:20	0.5	Z
		AIR/O ₂									12	13:20		
230	0:40	AIR									64	65:20	1	Z
		AIR/O ₂									16	17:20		
240	0:40	AIR									75	76:20	1	Z
		AIR/O ₂									19	20:20		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
270	0:40	AIR									101	102:20	1	Z
		AIR/O ₂									26	27:20		
300	0:40	AIR									128	129:20	1.5	
		AIR/O ₂									33	34:20		
330	0:40	AIR									160	161:20	1.5	
		AIR/O ₂									38	44:20		
360	0:40	AIR									184	185:20	2	
		AIR/O ₂									44	50:20		
420	0:40	AIR									248	249:20	2.5	
		AIR/O ₂									56	62:20		
480	0:40	AIR									321	322:20	2.5	
		AIR/O ₂									68	79:20		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
540	0:40	AIR									372	373:20	3	
		AIR/O ₂									80	91:20		
600	0:40	AIR									410	411:20	3.5	
		AIR/O ₂									93	104:20		
660	0:40	AIR									439	440:20	4	
		AIR/O ₂									103	119:20		
Exceptional Exposure: SurDO ₂ -----														
720	0:40	AIR									461	462:20	4.5	
		AIR/O ₂									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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	1:30		
130	0:50	AIR									2	3:30	0.5	O
		AIR/O ₂									1	2:30		
140	0:50	AIR									14	15:30	0.5	O
		AIR/O ₂									5	6:30		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
150	0:50	AIR									25	26:30	0.5	Z
		AIR/O ₂									8	9:30		
160	0:50	AIR									34	35:30	0.5	Z
		AIR/O ₂									11	12:30		
170	0:50	AIR									41	42:30	1	Z
		AIR/O ₂									14	15:30		
180	0:50	AIR									59	60:30	1	Z
		AIR/O ₂									17	18:30		
190	0:50	AIR									75	76:30	1	Z
		AIR/O ₂									19	20:30		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
200	0:50	AIR									89	90:30	1	Z
		AIR/O ₂									23	24:30		
210	0:50	AIR									101	102:30	1	Z
		AIR/O ₂									27	28:30		
220	0:50	AIR									112	113:30	1.5	Z
		AIR/O ₂									30	31:30		
230	0:50	AIR									121	122:30	1.5	Z
		AIR/O ₂									33	34:30		
240	0:50	AIR									130	131:30	1.5	Z
		AIR/O ₂									37	43:30		
270	0:50	AIR									173	174:30	2	
		AIR/O ₂									45	51:30		
300	0:50	AIR									206	207:30	2	
		AIR/O ₂									51	57:30		
330	0:50	AIR									243	244:30	2.5	
		AIR/O ₂									61	67:30		
360	0:50	AIR									288	289:30	3	
		AIR/O ₂									69	80:30		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
420	0:50	AIR									373	374:30	3.5	
		AIR/O ₂									84	95:30		
480	0:50	AIR									431	432:30	4	
		AIR/O ₂									101	117:30		
Exceptional Exposure: SurDO ₂ -----														
540	0:50	AIR									473	474:30	4.5	
		AIR/O ₂									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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30	20			
50 FSW														
92	1:40	AIR									0	1:40	0	M
		AIR/O ₂									0	1:40		
95	1:00	AIR									2	3:40	0.5	M
		AIR/O ₂									1	2:40		
100	1:00	AIR									4	5:40	0.5	N
		AIR/O ₂									2	3:40		
110	1:00	AIR									8	9:40	0.5	O
		AIR/O ₂									4	5:40		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
120	1:00	AIR									21	22:40	0.5	O
		AIR/O ₂									7	8:40		
130	1:00	AIR									34	35:40	0.5	Z
		AIR/O ₂									12	13:40		
140	1:00	AIR									45	46:40	1	Z
		AIR/O ₂									16	17:40		
150	1:00	AIR									56	57:40	1	Z
		AIR/O ₂									19	20:40		
160	1:00	AIR									78	79:40	1	Z
		AIR/O ₂									23	24:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
170	1:00	AIR									96	97:40	1	Z
		AIR/O ₂									26	27:40		
180	1:00	AIR									111	112:40	1.5	Z
		AIR/O ₂									30	31:40		
190	1:00	AIR									125	126:40	1.5	Z
		AIR/O ₂									35	36:40		
200	1:00	AIR									136	137:40	1.5	Z
		AIR/O ₂									39	45:40		
210	1:00	AIR									147	148:40	2	
		AIR/O ₂									43	49:40		
220	1:00	AIR									166	167:40	2	
		AIR/O ₂									47	53:40		
230	1:00	AIR									183	184:40	2	
		AIR/O ₂									50	56:40		
240	1:00	AIR									198	199:40	2	
		AIR/O ₂									53	59:40		
270	1:00	AIR									236	237:40	2.5	
		AIR/O ₂									62	68:40		
300	1:00	AIR									285	286:40	3	
		AIR/O ₂									74	85:40		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
330	1:00	AIR									345	346:40	3.5	
		AIR/O ₂									83	94:40		
360	1:00	AIR									393	394:40	3.5	
		AIR/O ₂									92	103:40		
Exceptional Exposure: SurDO ₂ -----														
420	1:00	AIR									464	465:40	4.5	
		AIR/O ₂									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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	1:50		
75	1:10	AIR									1	2:50	0.5	L
		AIR/O ₂									1	2:50		
80	1:10	AIR									4	5:50	0.5	M
		AIR/O ₂									2	3:50		
90	1:10	AIR									10	11:50	0.5	N
		AIR/O ₂									5	6:50		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
100	1:10	AIR									17	18:50	0.5	O
		AIR/O ₂									8	9:50		
110	1:10	AIR									34	35:50	0.5	O
		AIR/O ₂									12	13:50		
120	1:10	AIR									48	49:50	1	Z
		AIR/O ₂									17	18:50		
130	1:10	AIR									59	60:50	1	Z
		AIR/O ₂									22	23:50		
140	1:10	AIR									84	85:50	1	Z
		AIR/O ₂									26	27:50		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
150	1:10	AIR									105	106:50	1.5	Z
		AIR/O ₂									30	31:50		
160	1:10	AIR									123	124:50	1.5	Z
		AIR/O ₂									34	35:50		
170	1:10	AIR									138	139:50	1.5	Z
		AIR/O ₂									40	46:50		
180	1:10	AIR									151	152:50	2	Z
		AIR/O ₂									45	51:50		
190	1:10	AIR									169	170:50	2	
		AIR/O ₂									50	56:50		
200	1:10	AIR									190	191:50	2	
		AIR/O ₂									54	60:50		
210	1:10	AIR									208	209:50	2.5	
		AIR/O ₂									58	64:50		
220	1:10	AIR									224	225:50	2.5	
		AIR/O ₂									62	68:50		
230	1:10	AIR									239	240:50	2.5	
		AIR/O ₂									66	77:50		
240	1:10	AIR									254	255:50	3	
		AIR/O ₂									69	80:50		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
270	1:10	AIR									313	314:50	3.5	
		AIR/O ₂									83	94:50		
300	1:10	AIR									380	381:50	3.5	
		AIR/O ₂									94	105:50		
330	1:10	AIR									432	433:50	4	
		AIR/O ₂									106	122:50		
Exceptional Exposure: SurDO ₂ -----														
360	1:10	AIR									474	475:50	4.5	
		AIR/O ₂									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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30	20			
60 FSW														
60	2:00	AIR									0	2:00	0	K
		AIR/O ₂									0	2:00		
65	1:20	AIR									2	4:00	0.5	L
		AIR/O ₂									1	3:00		
70	1:20	AIR									7	9:00	0.5	L
		AIR/O ₂									4	6:00		
80	1:20	AIR									14	16:00	0.5	N
		AIR/O ₂									7	9:00		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
90	1:20	AIR									23	25:00	0.5	O
		AIR/O ₂									10	12:00		
100	1:20	AIR									42	44:00	1	Z
		AIR/O ₂									15	17:00		
110	1:20	AIR									57	59:00	1	Z
		AIR/O ₂									21	23:00		
120	1:20	AIR									75	77:00	1	Z
		AIR/O ₂									26	28:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
130	1:20	AIR									102	104:00	1.5	Z
		AIR/O ₂									31	33:00		
140	1:20	AIR									124	126:00	1.5	Z
		AIR/O ₂									35	37:00		
150	1:20	AIR									143	145:00	2	Z
		AIR/O ₂									41	48:00		
160	1:20	AIR									158	160:00	2	Z
		AIR/O ₂									48	55:00		
170	1:20	AIR									178	180:00	2	
		AIR/O ₂									53	60:00		
180	1:20	AIR									201	203:00	2.5	
		AIR/O ₂									59	66:00		
190	1:20	AIR									222	224:00	2.5	
		AIR/O ₂									64	71:00		
200	1:20	AIR									240	242:00	2.5	
		AIR/O ₂									68	80:00		
210	1:20	AIR									256	258:00	3	
		AIR/O ₂									73	85:00		
220	1:20	AIR									278	280:00	3	
		AIR/O ₂									77	89:00		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
230	1:20	AIR									300	302:00	3.5	
		AIR/O ₂									82	94:00		
240	1:20	AIR									321	323:00	3.5	
		AIR/O ₂									88	100:00		
270	1:20	AIR									398	400:00	4	
		AIR/O ₂									102	119:00		
Exceptional Exposure: SurDO ₂ -----														
300	1:20	AIR									456	458:00	4.5	
		AIR/O ₂									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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	2:20		
50	1:40	AIR									2	4:20	0.5	K
		AIR/O ₂									1	3:20		
55	1:40	AIR									9	11:20	0.5	L
		AIR/O ₂									5	7:20		
60	1:40	AIR									14	16:20	0.5	M
		AIR/O ₂									8	10:20		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
70	1:40	AIR									24	26:20	0.5	N
		AIR/O ₂									13	15:20		
80	1:40	AIR									44	46:20	1	O
		AIR/O ₂									17	19:20		
90	1:40	AIR									64	66:20	1	Z
		AIR/O ₂									24	26:20		
100	1:40	AIR									88	90:20	1.5	Z
		AIR/O ₂									31	33:20		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
110	1:40	AIR									120	122:20	1.5	Z
		AIR/O ₂									38	45:20		
120	1:40	AIR									145	147:20	2	Z
		AIR/O ₂									44	51:20		
130	1:40	AIR									167	169:20	2	Z
		AIR/O ₂									51	58:20		
140	1:40	AIR									189	191:20	2.5	
		AIR/O ₂									59	66:20		
150	1:40	AIR									219	221:20	2.5	
		AIR/O ₂									66	78:20		
160	1:20	AIR								1	244	247:00	3	
		AIR/O ₂								1	72	85:00		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
170	1:20	AIR								2	265	269:00	3	
		AIR/O ₂								1	78	91:00		
180	1:20	AIR								4	289	295:00	3.5	
		AIR/O ₂								2	83	97:00		
190	1:20	AIR								5	316	323:00	3.5	
		AIR/O ₂								3	88	103:00		
200	1:20	AIR								9	345	356:00	4	
		AIR/O ₂								5	93	115:00		
210	1:20	AIR								13	378	393:00	4	
		AIR/O ₂								7	98	122:00		
Exceptional Exposure: SurDO ₂ -----														
240	1:20	AIR								25	454	481:00	5	
		AIR/O ₂								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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	2:40		
40	2:00	AIR									1	3:40	0.5	J
		AIR/O ₂									1	3:40		
45	2:00	AIR									10	12:40	0.5	K
		AIR/O ₂									5	7:40		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
50	2:00	AIR									17	19:40	0.5	M
		AIR/O ₂									9	11:40		
55	2:00	AIR									24	26:40	0.5	M
		AIR/O ₂									13	15:40		
60	2:00	AIR									30	32:40	1	N
		AIR/O ₂									16	18:40		
70	2:00	AIR									54	56:40	1	O
		AIR/O ₂									22	24:40		
80	2:00	AIR									77	79:40	1.5	Z
		AIR/O ₂									30	32:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
90	2:00	AIR									114	116:40	1.5	Z
		AIR/O ₂									39	46:40		
100	1:40	AIR								1	147	150:20	2	Z
		AIR/O ₂								1	46	54:20		
110	1:40	AIR								6	171	179:20	2	Z
		AIR/O ₂								3	51	61:20		
120	1:40	AIR								10	200	212:20	2.5	
		AIR/O ₂								5	59	71:20		
130	1:40	AIR								14	232	248:20	3	
		AIR/O ₂								7	67	86:20		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
140	1:40	AIR								17	258	277:20	3.5	
		AIR/O ₂								9	73	94:20		
150	1:40	AIR								19	285	306:20	3.5	
		AIR/O ₂								10	80	102:20		
160	1:40	AIR								21	318	341:20	4	
		AIR/O ₂								11	86	114:20		
170	1:40	AIR								27	354	383:20	4	
		AIR/O ₂								14	90	121:20		
Exceptional Exposure: SurDO ₂ -----														
180	1:40	AIR								33	391	426:20	4.5	
		AIR/O ₂								17	96	130:20		
210	1:40	AIR								50	474	526:20	5	
		AIR/O ₂								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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	3:00		
35	2:20	AIR									4	7:00	0.5	J
		AIR/O ₂									2	5:00		
40	2:20	AIR									14	17:00	0.5	L
		AIR/O ₂									7	10:00		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
45	2:20	AIR									23	26:00	0.5	M
		AIR/O ₂									12	15:00		
50	2:20	AIR									31	34:00	1	N
		AIR/O ₂									17	20:00		
55	2:20	AIR									39	42:00	1	O
		AIR/O ₂									21	24:00		
60	2:20	AIR									56	59:00	1	O
		AIR/O ₂									24	27:00		
70	2:20	AIR									83	86:00	1.5	Z
		AIR/O ₂									32	35:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
80	2:00	AIR								5	125	132:40	2	Z
		AIR/O ₂								3	40	50:40		
90	2:00	AIR								13	158	173:40	2	Z
		AIR/O ₂								7	46	60:40		
100	2:00	AIR								19	185	206:40	2.5	
		AIR/O ₂								10	53	70:40		
110	2:00	AIR								25	224	251:40	3	
		AIR/O ₂								13	61	86:40		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
120	1:40	AIR								1	29	256	288:20	3.5
		AIR/O ₂								1	15	70	98:40	
130	1:40	AIR								5	28	291	326:20	3.5
		AIR/O ₂								5	15	78	110:40	
140	1:40	AIR								8	28	330	368:20	4
		AIR/O ₂								8	15	86	126:40	
Exceptional Exposure: SurDO ₂ -----														
150	1:40	AIR								11	34	378	425:20	4.5
		AIR/O ₂								11	17	94	139:40	
160	1:40	AIR								13	40	418	473:20	4.5
		AIR/O ₂								13	21	100	151:40	
170	1:40	AIR								15	45	451	513:20	5
		AIR/O ₂								15	23	106	166:40	
180	1:40	AIR								16	51	479	548:20	5.5
		AIR/O ₂								16	26	112	176:40	
240	1:40	AIR								42	68	592	704:20	7.5
		AIR/O ₂								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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	3:20			
30	2:40	AIR										3	6:20	0.5		J
		AIR/O ₂										2	5:20			
35	2:40	AIR										15	18:20	0.5		L
		AIR/O ₂										8	11:20			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
40	2:40	AIR										26	29:20	1		M
		AIR/O ₂										14	17:20			
45	2:40	AIR										36	39:20	1		N
		AIR/O ₂										19	22:20			
50	2:40	AIR										47	50:20	1		O
		AIR/O ₂										24	27:20			
55	2:40	AIR										65	68:20	1.5		Z
		AIR/O ₂										28	31:20			
60	2:40	AIR										81	84:20	1.5		Z
		AIR/O ₂										33	35:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
70	2:20	AIR										11	124	138:00	2	Z
		AIR/O ₂										6	39			
80	2:20	AIR										21	160	184:00	2.5	Z
		AIR/O ₂										11	45			
90	2:00	AIR									2	28	196	228:40	2.5	
		AIR/O ₂									2	15	52			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
100	2:00	AIR									9	28	241	280:40	3	
		AIR/O ₂									9	14	66			
110	2:00	AIR									14	28	278	322:40	3.5	
		AIR/O ₂									14	15	75			
120	2:00	AIR									19	28	324	373:40	4	
		AIR/O ₂									19	15	84			
Exceptional Exposure: SurDO ₂ -----																
150	1:40	AIR								3	26	46	461	538:20	5	
		AIR/O ₂								3	26	24	108			

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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	3:40			
25	3:00	AIR									3	6:40	0.5	I	
		AIR/O ₂									2	5:40			
30	3:00	AIR									14	17:40	0.5	K	
		AIR/O ₂									7	10:40			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
35	3:00	AIR									27	30:40	1	M	
		AIR/O ₂									14	17:40			
40	3:00	AIR									39	42:40	1	N	
		AIR/O ₂									20	23:40			
45	3:00	AIR									50	53:40	1	O	
		AIR/O ₂									26	29:40			
50	3:00	AIR									71	74:40	1.5	Z	
		AIR/O ₂									31	34:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
55	2:40	AIR									5	85	93:20	1.5	Z
		AIR/O ₂									3	33	44:20		
60	2:40	AIR									13	111	127:20	2	Z
		AIR/O ₂									7	36	51:20		
70	2:40	AIR									26	155	184:20	2.5	Z
		AIR/O ₂									13	43	64:20		
80	2:20	AIR								9	28	200	240:00	2.5	
		AIR/O ₂								9	15	53	90:20		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
90	2:20	AIR								17	29	248	297:00	3.5	
		AIR/O ₂								17	15	67	112:20		
100	2:20	AIR								25	28	295	351:00	3.5	
		AIR/O ₂								25	15	78	131:20		
110	2:00	AIR						5	26	28	353	414:40	4		
		AIR/O ₂						5	26	15	90	154:00			
Exceptional Exposure: SurDO ₂ -----															
120	2:00	AIR						10	26	35	413	486:40	4.5		
		AIR/O ₂						10	26	18	101	173:00			
180	1:40	AIR					3	23	47	68	593	736:20	7.5		
		AIR/O ₂					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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									0	4:00			
20	3:20	AIR									2	6:00	0.5	H	
		AIR/O ₂									1	5:00			
25	3:20	AIR									8	12:00	0.5	J	
		AIR/O ₂									4	8:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
30	3:20	AIR									24	28:00	0.5	L	
		AIR/O ₂									13	17:00			
35	3:20	AIR									38	42:00	1	N	
		AIR/O ₂									20	24:00			
40	3:20	AIR									51	55:00	1	O	
		AIR/O ₂									27	31:00			
45	3:20	AIR									72	76:00	1.5	Z	
		AIR/O ₂									33	37:00			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
50	3:00	AIR									9	86	98:40	1.5	Z
		AIR/O ₂									5	33	46:40		
55	3:00	AIR									19	116	138:40	2	Z
		AIR/O ₂									10	35	53:40		
60	3:00	AIR									27	142	172:40	2	Z
		AIR/O ₂									14	39	61:40		
70	2:40	AIR							12	29	189	233:20	2.5		
		AIR/O ₂							12	15	50	85:40			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
80	2:40	AIR							24	28	246	301:20	3		
		AIR/O ₂							24	14	67	118:40			
90	2:20	AIR						7	26	28	303	367:00	3.5		
		AIR/O ₂						7	26	15	79	140:20			
100	2:20	AIR						14	26	28	372	443:00	4		
		AIR/O ₂						14	26	15	94	167:20			
Exceptional Exposure: SurDO ₂ -----															
110	2:20	AIR						21	25	38	433	520:00	5		
		AIR/O ₂						21	25	20	104	188:20			
120	2:00	AIR					3	23	25	47	480	580:40	5.5		
		AIR/O ₂					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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	4:20		
15	3:40	AIR										1	5:20	0.5	G
		AIR/O ₂										1	5:20		
20	3:40	AIR										4	8:20	0.5	I
		AIR/O ₂										2	6:20		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
25	3:40	AIR										17	21:20	0.5	K
		AIR/O ₂										9	13:20		
30	3:40	AIR										34	38:20	1	M
		AIR/O ₂										18	22:20		
35	3:40	AIR										49	53:20	1	N
		AIR/O ₂										26	30:20		
40	3:20	AIR									3	67	74:00	1.5	Z
		AIR/O ₂									2	31	37:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
45	3:20	AIR									12	84	100:00	1.5	Z
		AIR/O ₂									6	33	48:00		
50	3:20	AIR									22	116	142:00	2	Z
		AIR/O ₂									11	35	55:00		
55	3:00	AIR							4	28	145	180:40	2	Z	
		AIR/O ₂							4	15	39	67:00			
60	3:00	AIR							12	28	170	213:40	2.5	Z	
		AIR/O ₂							12	15	45	81:00			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
70	2:40	AIR							1	26	28	235	293:20	3	
		AIR/O ₂							1	26	14	63	117:40		
80	2:40	AIR							12	26	28	297	366:20	3.5	
		AIR/O ₂							12	26	15	78	144:40		
90	2:40	AIR							21	26	28	374	452:20	4	
		AIR/O ₂							21	26	15	94	174:40		
Exceptional Exposure: SurDO ₂ -----															
100	2:20	AIR						6	23	26	38	444	540:00	5	
		AIR/O ₂						6	23	26	20	106	204:20		
120	2:20	AIR						17	23	28	57	533	661:00	6	
		AIR/O ₂						17	23	28	29	130	255:20		
180	2:00	AIR					13	21	45	57	94	658	890:40	9	
		AIR/O ₂					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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	4:40			
15	4:00	AIR										2	6:40	0.5	H	
		AIR/O ₂										1	5:40			
20	4:00	AIR										7	11:40	0.5	J	
		AIR/O ₂										4	8:40			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
25	4:00	AIR										26	30:40	1	L	
		AIR/O ₂										14	18:40			
30	4:00	AIR										44	48:40	1	N	
		AIR/O ₂										23	27:40			
35	3:40	AIR									4	59	67:20	1.5	O	
		AIR/O ₂									2	30	36:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
40	3:40	AIR									11	80	95:20	1.5	Z	
		AIR/O ₂									6	33	48:20			
45	3:20	AIR								3	21	113	141:00	2	Z	
		AIR/O ₂								3	11	34	57:20			
50	3:20	AIR								7	28	145	184:00	2	Z	
		AIR/O ₂								7	14	40	70:20			
55	3:20	AIR								16	28	171	219:00	2.5	Z	
		AIR/O ₂								16	15	45	85:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
60	3:00	AIR							2	23	28	209	265:40	3		
		AIR/O ₂							2	23	15	55	109:00			
70	3:00	AIR							14	25	28	276	346:40	3.5		
		AIR/O ₂							14	25	15	74	142:00			
80	2:40	AIR						2	24	25	29	362	445:20	4		
		AIR/O ₂						2	24	25	15	91	175:40			
Exceptional Exposure: SurDO ₂ -----																
90	2:40	AIR						12	23	26	38	443	545:20	5		
		AIR/O ₂						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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	5:00			
10	4:20	AIR										1	6:00	0.5	F	
		AIR/O ₂										1	6:00			
15	4:20	AIR										3	8:00	0.5	H	
		AIR/O ₂										2	7:00			
20	4:20	AIR										14	19:00	0.5	K	
		AIR/O ₂										8	13:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
25	4:20	AIR										35	40:00	1	M	
		AIR/O ₂										19	24:00			
30	4:00	AIR									3	51	58:40	1.5	O	
		AIR/O ₂									2	26	32:40			
35	4:00	AIR									11	72	87:40	1.5	Z	
		AIR/O ₂									6	31	46:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
40	3:40	AIR									4	18	102	128:20	2	Z
		AIR/O ₂									4	9	34	56:40		
45	3:40	AIR									10	25	140	179:20	2	Z
		AIR/O ₂									10	13	39	71:40		
50	3:20	AIR							3	15	28	170	220:00	2.5	Z	
		AIR/O ₂							3	15	15	45	87:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
55	3:20	AIR							6	22	28	211	271:00	3		
		AIR/O ₂							6	22	15	56	113:20			
60	3:20	AIR							11	26	28	248	317:00	3		
		AIR/O ₂							11	26	15	66	132:20			
70	3:00	AIR						3	24	25	28	330	413:40	4		
		AIR/O ₂						3	24	25	15	84	170:00			
Exceptional Exposure: SurDO ₂ -----																
80	3:00	AIR						15	23	26	35	430	532:40	4.5		
		AIR/O ₂						15	23	26	18	104	205:00			
90	2:40	AIR					3	22	23	26	47	496	620:20	5.5		
		AIR/O ₂					3	22	23	26	24	118	239:40			
120	2:20	AIR				3	20	22	23	50	75	608	804:00	8		
		AIR/O ₂				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 ₂		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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	5:20			
10	4:40	AIR										1	6:20	0.5	F	
		AIR/O ₂										1	6:20			
15	4:40	AIR										5	10:20	0.5	I	
		AIR/O ₂										3	8:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
20	4:40	AIR										22	27:20	0.5	L	
		AIR/O ₂										12	17:20			
25	4:20	AIR									3	41	49:00	1	N	
		AIR/O ₂									2	21	28:00			
30	4:00	AIR								1	8	60	73:40	1.5	O	
		AIR/O ₂								1	5	28	39:00			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
35	4:00	AIR								4	14	84	106:40	1.5	Z	
		AIR/O ₂								4	8	32	54:00			
40	4:00	AIR								12	20	130	166:40	2	Z	
		AIR/O ₂								12	11	37	70:00			
45	3:40	AIR							5	13	28	164	214:20	2.5	Z	
		AIR/O ₂							5	13	14	44	85:40			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
50	3:40	AIR							10	19	28	207	268:20	3		
		AIR/O ₂							10	19	15	54	112:40			
55	3:20	AIR					2	12	26	28	248	320:00	3			
		AIR/O ₂					2	12	26	14	67	135:20				
60	3:20	AIR					5	18	25	29	290	371:00	3.5			
		AIR/O ₂					5	18	25	15	77	154:20				
Exceptional Exposure: SurDO ₂ -----																
70	3:20	AIR					15	23	26	29	399	496:00	4.5			
		AIR/O ₂					15	23	26	15	99	197:20				
80	3:00	AIR				6	21	24	25	44	482	605:40	5.5			
		AIR/O ₂				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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	5:40		
10	5:00	AIR										2	7:40	0.5	G
		AIR/O ₂										1	6:40		
15	5:00	AIR										7	12:40	0.5	J
		AIR/O ₂										4	9:40		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
20	4:40	AIR									1	29	35:20	1	L
		AIR/O ₂									1	15	21:20		
25	4:20	AIR								1	6	46	58:00	1	N
		AIR/O ₂								1	4	23	33:20		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
30	4:20	AIR								5	11	72	93:00	1.5	Z
		AIR/O ₂								5	6	29	45:20		
35	4:00	AIR						2	9	17	113	145:40	2	Z	
		AIR/O ₂						2	9	9	35	65:00			
40	4:00	AIR						6	13	23	155	201:40	2.5	Z	
		AIR/O ₂						6	13	12	43	84:00			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
45	4:00	AIR						12	16	28	194	254:40	2.5		
		AIR/O ₂						12	16	15	51	109:00			
50	3:40	AIR					5	12	23	28	243	315:20	3		
		AIR/O ₂					5	12	23	15	65	134:40			
55	3:40	AIR					9	16	25	28	287	369:20	3.5		
		AIR/O ₂					9	16	25	15	76	155:40			
60	3:20	AIR				2	11	21	26	28	344	436:00	4		
		AIR/O ₂				2	11	21	26	15	87	181:20			
Exceptional Exposure: SurDO ₂ -----															
70	3:20	AIR				7	19	24	25	39	454	572:00	5		
		AIR/O ₂				7	19	24	25	20	109	228:20			
80	3:20	AIR				17	22	23	26	53	525	670:00	6		
		AIR/O ₂				17	22	23	26	27	128	267:20			
90	3:00	AIR			7	20	22	23	37	66	574	752:40	7		
		AIR/O ₂			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 ₂		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 ₂	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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	6:00			
10	5:20	AIR										3	9:00	0.5	G	
		AIR/O ₂										2	8:00			
15	5:20	AIR										11	17:00	0.5	J	
		AIR/O ₂										6	12:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
20	5:00	AIR										4	34	43:40	1	M
		AIR/O ₂										2	18	25:40		
25	4:40	AIR								4	7	54	70:20	1.5	O	
		AIR/O ₂								4	4	26	39:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
30	4:20	AIR							2	7	14	83	111:00	1.5	Z	
		AIR/O ₂							2	7	7	31	57:20			
35	4:20	AIR							5	13	19	138	180:00	2	Z	
		AIR/O ₂							5	13	10	40	78:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
40	4:00	AIR						2	11	12	28	175	232:40	2.5	Z	
		AIR/O ₂						2	11	12	14	47	96:00			
45	4:00	AIR						7	11	20	28	231	301:40	3		
		AIR/O ₂						7	11	20	15	61	129:00			
50	3:40	AIR				1	11	13	25	28	276	358:20	3.5			
		AIR/O ₂				1	11	13	25	15	74	153:40				
55	3:40	AIR				5	11	19	26	28	336	429:20	4			
		AIR/O ₂				5	11	19	26	14	87	181:40				
Exceptional Exposure: SurDO ₂ -----																
60	3:40	AIR				8	13	24	25	31	405	510:20	4.5			
		AIR/O ₂				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 ₂			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 ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ 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 ₂										0	6:20		
10	5:40	AIR										4	10:20	0.5	H
		AIR/O ₂										2	8:20		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
15	5:40	AIR										17	23:20	0.5	K
		AIR/O ₂										9	15:20		
20	5:00	AIR							1	7	37	50:40	1	N	
		AIR/O ₂							1	4	19	30:00			
25	4:40	AIR						2	6	9	67	89:20	1.5	Z	
		AIR/O ₂						2	6	5	28	46:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
30	4:40	AIR						6	8	14	111	144:20	2	Z	
		AIR/O ₂						6	8	8	35	67:40			
35	4:20	AIR				3	8	13	22	160	211:00	2.5	Z		
		AIR/O ₂				3	8	13	12	44	90:20				
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
40	4:20	AIR				7	12	14	29	210	277:00	3			
		AIR/O ₂				7	12	14	15	56	119:20				
45	4:00	AIR			2	11	12	23	28	262	342:40	3.5			
		AIR/O ₂			2	11	12	23	15	70	148:00				
50	4:00	AIR			7	11	16	26	28	321	413:40	4			
		AIR/O ₂			7	11	16	26	15	83	178:00				
Exceptional Exposure: SurDO ₂ -----															
55	3:40	AIR			2	10	10	24	25	30	396	501:20	4.5		
		AIR/O ₂			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 ₂			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 ₂		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 ₂	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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ 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 ₂									1	7:40			
10	6:00	AIR									2	8:40	0.5		
		AIR/O ₂									1	7:40			
15	5:40	AIR								2	22	30:20	0.5		
		AIR/O ₂								1	11	18:20			
20	5:20	AIR							5	6	43	60:00	1		
		AIR/O ₂							5	4	21	36:20			
25	5:00	AIR							5	6	11	78	105:40	1.5	
		AIR/O ₂							5	6	6	29	52:00		
30	4:40	AIR					4	5	11	18	136	179:20	2		
		AIR/O ₂					4	5	11	9	40	79:40			
35	4:20	AIR				1	6	10	13	26	179	240:00	2.5		
		AIR/O ₂				1	6	10	13	13	49	102:20			
40	4:20	AIR				3	10	12	18	28	243	319:00	3		
		AIR/O ₂				3	10	12	18	15	65	138:20			
45	4:20	AIR				8	11	12	26	28	300	390:00	3.5		
		AIR/O ₂				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 ₂			3	10	11	20	26	15	95	200:00			
210 FSW															
Exceptional Exposure -----															
5	6:20	AIR									1	8:00	0.5		
		AIR/O ₂									1	8:00			
10	6:20	AIR									5	12:00	0.5		
		AIR/O ₂									3	10:00			
15	6:00	AIR								5	26	37:40	1		
		AIR/O ₂								3	13	22:40			
20	5:20	AIR						2	6	7	50	71:00	1.5		
		AIR/O ₂						2	6	4	24	42:20			
25	5:00	AIR					2	6	7	13	94	127:40	1.5		
		AIR/O ₂					2	6	7	7	32	65:00			
30	4:40	AIR				2	5	6	13	21	156	208:20	2		
		AIR/O ₂				2	5	6	13	11	43	90:40			
35	4:40	AIR				5	6	12	14	28	214	284:20	3		
		AIR/O ₂				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 ₂			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 ₂			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 ₂			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 ₂ stop										Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30	20				
220 FSW															
Exceptional Exposure -----															
5	6:40	AIR									2	9:20	0.5		
		AIR/O ₂									1	8:20			
10	6:40	AIR									8	15:20	0.5		
		AIR/O ₂									4	11:20			
15	6:00	AIR							1	7	30	44:40	1		
		AIR/O ₂							1	4	15	27:00			
20	5:40	AIR						5	6	7	63	87:20	1.5		
		AIR/O ₂						5	6	4	27	48:40			
25	5:20	AIR					5	6	8	14	119	158:00	2		
		AIR/O ₂					5	6	8	7	38	75:20			
30	5:00	AIR				5	5	8	13	24	174	234:40	2.5		
		AIR/O ₂				5	5	8	13	13	47	102:00			
35	4:40	AIR			3	5	9	11	18	28	244	323:20	3		
		AIR/O ₂			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 ₂		1	4	9	11	11	26	15	82	179:20			
250 FSW															
Exceptional Exposure -----															
5	7:40	AIR									3	11:20	0.5		
		AIR/O ₂									2	10:20			
10	7:20	AIR							2	15	25:00	0.5			
		AIR/O ₂							1	8	17:00				
15	6:40	AIR						3	7	7	41	65:20	1		
		AIR/O ₂						3	7	4	21	42:40			
20	6:00	AIR				2	6	5	7	12	106	144:40	2		
		AIR/O ₂				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 ₂			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 ₂		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 ₂	2	5	4	10	11	14	25	15	89	196:00			
300 FSW															
Exceptional Exposure -----															
5	9:20	AIR									6	16:00	0.5		
		AIR/O ₂									3	13:00			
10	8:20	AIR						2	5	7	32	55:00	1		
		AIR/O ₂						2	5	4	16	36:20			
15	7:20	AIR			1	4	5	6	6	10	102	142:00	1.5		
		AIR/O ₂			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 ₂	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 ₂	7	4	5	5	10	12	25	15	80	180:20			

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

Depth (fsw)	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			

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.

* 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.

APPENDIX 2A — Optional Shallow Water Diving Tables 2A-3