



IANTD OPEN WATER AIR DIVING & DECOMPRESSION TABLES

(A)	40	50	60	70	80	90	100	110	120	130	140	Depth (Feet)	Repetitive Group ↓
	12	15	18	21	24	27	30	33	36	39	42	Depth (Meters)	
	125	75	51	35	25	20	17	14	12	10	9	No Decompression Limits (Minutes)	

(B) BOTTOM TIMES	19	16	14	12	11	10	9	8	7	7	6					A	00:00	02:00	(C) SURFACE INTERVALS		
	25	20	17	15	13	12	11	10	9	8	7					B	00:00	02:00			
	37	29	25	22	20	18	16	11	10	9	8					C	00:00	03:00			
	57	41	33	28	24	19	17	14	12	10	9					D	00:00	03:00			
	82	59	44	35	25	20										E	00:00	04:00			
	111	65	51													F	00:00	08:00			
	125	75										G	00:00	12:00							
												H	00:00	24:00							
												K	03:00	39:00							
												L	06:00	48:00							
(D) REPETITIVE GROUP AT END OF S.I.												G	F	E	D	C	B	A			DEPTH (ft) (m)



Warning: DO NOT attempt to use these tables unless you are fully trained & certified in the use of Compressed Air, or are under the supervision of a Scuba Instructor. Proper use of these tables will reduce the risk of decompression sickness & oxygen toxicity, but no table or computer can eliminate those risks.

These Tables Are For Air With Air As Deco Gas. The 15 Foot (4.5 m) Stops MUST Be Taken At 15 Feet (4.5 m). These Tables Are Based On Bühlmann's ZHL-16 Algorithm For 0-1000 Feet (0-300 m) Above Sea Level. They Were Produced Using Cybortronix DPA Software. The Repetitive Dive Groups Are Not Transferable To ANY Other Tables. A Three Minute Safety Stop Is Required For All Dives. These Tables Do Not Account For Physical Condition Of Diver, Difficulty Of Dive, Water Temperature, Etc.

(E) REPETITIVE DIVE TABLES	137	111	82	57	37	25	19	RNT	40	12
	115	88	59	41	29	20	16	RNT	50	15
	91	68	44	33	25	17	14	RNT	60	18
	72	53	37	28	22	15	12	RNT	70	21
	57	42	30	24	20	13	11	RNT	80	24
	47	35	26	21	18	12	10	RNT	90	27
	40	30	23	19	16	11	9	RNT	100	30
	35	27	21	17	14	10	8	RNT	110	33
	31	24	19	15	12	9	7	RNT	120	36
	27	21	17	14	11	8	7	RNT	130	39
25	19	16	13	10	7	6	RNT	140	42	
23	17	14	11	9	7	6	RNT	150	45	

RESIDUAL NITROGEN TIME

- (A)** Planned Depth
- (B)** Bottom Time In Depth Column
- (C)** Read Across To Find Surface Interval
- (D)** Locate RNT After S. I.
- (E)** Read Down To Planned Repetitive Dive Depth. Read RNT

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IANTD OPEN WATER AIR DECOMPRESSION TABLES

Depth m ft	M i n	Meters Feet		R G	Depth m ft	M i n	Meters Feet		R G
		6 20	4.5 15				6 20	4.5 15	
12 40	150		1	G	24 80	50		19	G
15 50	80		2	G		60	1	28	G
	90		5	G		70	3	38	G
	120		19	H		80	5	46	H
18 60	60		6	F	27 90	25		5	F
	70		11	G		30		9	F
	80		16	G		40		17	G
	90		24	H		50	3	26	G
	100		31	H	30 100	20		5	E
	110		37	H		25		9	F
	120		45	K		30	1	12	F
21 70	45		5	F	33 110	15		3	D
	50		10	F		20		7	E
	60		17	G		25	1	11	F
	70		24	H	36 120	15		5	E
	80		35	H		20	1	9	E
	90		43	H	39 130	12		4	E
	100	1	52	H		15	1	6	F
	110	3	71	K	42 140	10		3	D
	120	5	87	K		15	2	7	F
24 80	30		5	F	45 150	10		4	E
	40		11	F					