Table 9-5. *Required Surface Interval Before Ascent to Altitude After Diving.*

Repetitive Group Designator	Increase in Altitude									
	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	2:11
C	0:00	0:00	0:00	0:00	0:00	0:00	0:00	**0:00**	3:06	8:26
D	0:00	0:00	0:00	0:00	0:00	0:00	0:09	**3:28**	7:33	12:52
E	0:00	0:00	0:00	0:00	0:00	0:51	3:35	**6:54**	10:59	16:18
F	0:00	0:00	0:00	0:00	1:12	3:40	6:23	**9:43**	13:47	19:07
G	0:00	0:00	0:00	1:23	3:34	6:02	8:46	**12:05**	16:10	21:29
H	0:00	0:00	1:31	3:26	5:37	8:05	10:49	**14:09**	18:13	23:33
I	0:00	1:32	3:20	5:15	7:26	9:54	12:38	**15:58**	20:02	24:00
J	1:32	3:09	4:57	6:52	9:04	11:32	14:16	**17:35**	21:39	24:00
K	3:00	4:37	6:25	8:20	10:32	13:00	15:44	**19:03**	23:07	24:00
L	4:21	5:57	7:46	9:41	11:52	14:20	17:04	**20:23**	24:00	24:00
M	5:35	7:11	9:00	10:55	13:06	15:34	18:18	**21:37**	24:00	24:00
N	6:43	8:20	10:08	12:03	14:14	16:42	19:26	**22:46**	24:00	24:00
O	7:47	9:24	11:12	13:07	15:18	17:46	20:30	**23:49**	24:00	24:00
Z	8:17	9:54	11:42	13:37	15:49	18:17	21:01	**24:00**	24:00	24:00
Exceptional Exposure	Wait 48 hours before flying									

NOTE 1 When using Table 9-5, use the highest repetitive group designator obtained in the previous 24-hour period.

NOTE 2 Table 9-5 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 8000 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 8000 feet or higher. In this case, flying results in an increase in atmospheric pressure rather than a decrease.

NOTE 5 No repetitive group is given for air dives with surface decompression on oxygen or air. For these surface decompression dives, enter the standard air table with the sea level equivalent depth and bottom time of the dive to obtain the appropriate repetitive group designator to be used.

NOTE 6 For ascent to altitude following a non-staturation helium-oxygen dive, wait 12 hours if the dive was a no-decompression dive. Wait 24 hours if the dive was a decompression dive.

The planned increase in altitude is 3500 feet. Enter Table 9-5 at 4000 feet and read down to Repetitive Group G. The diver must delay 1 hour and 23 minutes before crossing the pass.

Example: Upon completion of a dive at 2000 feet, the diver plans to fly home in an unpressurized aircraft at 5000 feet. The diver's repetitive group designator upon surfacing is Group K. What is the required surface interval before flying?

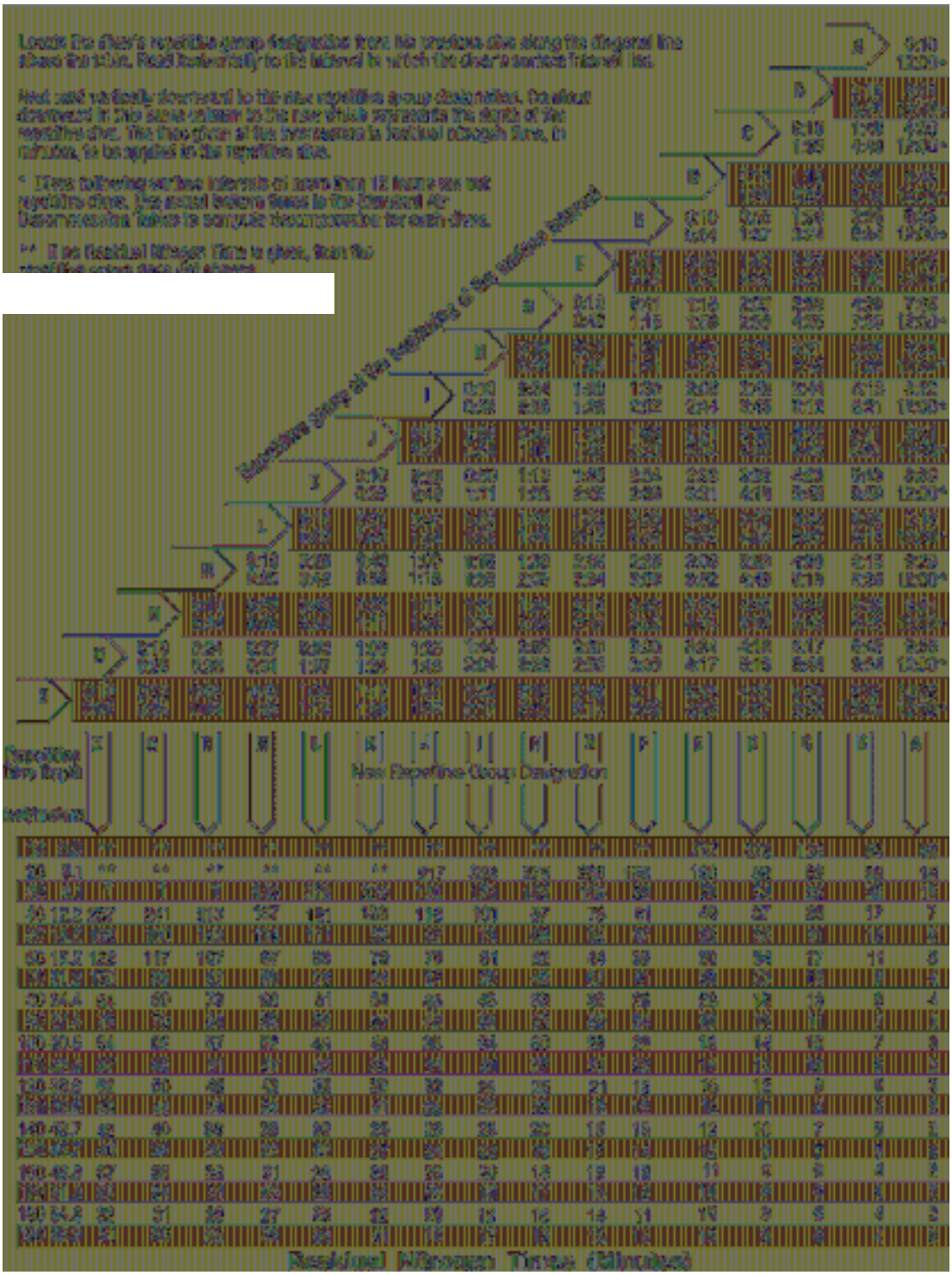
The planned increase in altitude is 3000 feet. Enter Table 9-5 at 3000 feet and read down to Repetitive Group K. The diver must delay 6 hours and 25 minutes before taking the flight.

Table 9-6. *Unlimited/No-Decompression Limits and Repetitive Group Designation Table for Unlimited/No-Decompression Air Dives.*

Depth (feet)	Depth (meters)	No-Decompression Limits (min)	Group Designation A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
10	3.0	unlimited	60	120	210	300	797	*									
15	4.6	unlimited	35	70	110	160	225	350	452	*							
20	6.1	unlimited	25	50	75	100	135	180	240	325	390	917	*				
25	7.6	595	20	35	55	75	100	125	160	195	245	315	361	540	595		
30	9.1	405	15	30	45	60	75	95	120	145	170	205	250	310	344	405	
35	10.7	310	5	15	25	40	50	60	80	100	120	140	160	190	220	270	310
40	12.2	200	5	15	25	30	40	50	70	80	100	110	130	150	170	200	
50	15.2	100		10	15	25	30	40	50	60	70	80	90	100			
60	18.2	60		10	15	20	25	30	40	50	55	60					
70	21.3	50		5	10	15	20	30	35	40	45	50					
80	24.4	40		5	10	15	20	25	30	35	40						
90	27.4	30		5	10	12	15	20	25	30							
100	30.5	25		5	7	10	15	20	22	25							
110	33.5	20			5	10	13	15	20								
120	36.6	15			5	10	12	15									
130	39.6	10			5	8	10										
140	42.7	10			5	7	10										
150	45.7	5			5												
160	48.8	5				5											
170	51.8	5				5											
180	54.8	5				5											
190	59.9	5				5											

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

Table 9-7. *Residual Nitrogen Timetable for Repetitive Air Dives.*



† Read vertically downward to the 40/12.2 (feet/meter) repetitive dive depth. Use the corresponding residual nitrogen times (minutes) to compute the equivalent single dive time. Decompress using the 40/12.2 (feet/meter) standard air decompression table.

Table 9-8. *U.S. Navy Standard Air Decompression Table.*

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)	Repetitive group
40 12.1	200						0	1:20	*
	210	1:00					2	3:20	N
	230	1:00					7	8:20	N
	250	1:00					11	12:20	O
	270	1:00					15	16:20	O
	300	1:00					19	20:20	Z
	Exceptional Exposure								
	360	1:00					23	24:20	**
	480	1:00					41	42:20	**
	720	1:00					69	70:20	**
50 15.2	100						0	1:40	*
	110	1:20					3	4:40	L
	120	1:20					5	6:40	M
	140	1:20					10	11:40	M
	160	1:20					21	22:40	N
	180	1:20					29	30:40	O
	200	1:20					35	36:40	O
	220	1:20					40	41:40	Z
	240	1:20					47	48:40	Z
60 18.2	60						0	2:00	*
	70	1:40					2	4:00	K
	80	1:40					7	9:00	L
	100	1:40					14	16:00	M
	120	1:40					26	28:00	N
	140	1:40					39	41:00	O
	160	1:40					48	50:00	Z
	180	1:40					56	58:00	Z
	200	1:20				1	69	72:00	Z
	Exceptional Exposure								
	240	1:20				2	79	83:00	**
	360	1:20				20	119	141:00	**
	480	1:20				44	148	194:00	**
	720	1:20				78	187	267:00	**
70 21.3	50						0	2:20	*
	60	2:00					8	10:20	K
	70	2:00					14	16:20	L
	80	2:00					18	20:20	M
	90	2:00					23	25:20	N
	100	2:00					33	35:20	N
	110	1:40				2	41	45:20	O
	120	1:40				4	47	53:20	O
	130	1:40				6	52	60:20	O
	140	1:40				8	56	66:20	Z
	150	1:40				9	61	72:20	Z
	160	1:40				13	72	87:20	Z
	170	1:40				19	79	100:20	Z

* See No Decompression Table for repetitive groups

** Repetitive dives may not follow exceptional exposure dives

Table 9-8. *U.S. Navy Standard Air Decompression Table (Continued).*

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)	Repetitive group
80 24.3	40						0	2:40	*
	50	2:20					10	12:40	K
	60	2:20					17	19:40	L
	70	2:20					23	25:40	M
	80	2:00				2	31	35:40	N
	90	2:00				7	39	48:40	N
	100	2:00				11	46	59:40	O
	110	2:00				13	53	68:40	O
	120	2:00				17	56	75:40	Z
	130	2:00				19	63	83:40	Z
	140	2:00				26	69	97:40	Z
	150	2:00				32	77	111:40	Z
	Exceptional Exposure								
	180	2:00				35	85	122:40	**
	240	1:40			6	52	120	180:40	**
	360	1:40			29	90	160	281:40	**
	480	1:40			59	107	187	355:40	**
	720	1:20		17	108	142	187	456:40	**
90 28.7	30						0	3:00	*
	40	2:40					7	10:00	J
	50	2:40					18	21:00	L
	60	2:40					25	28:00	M
	70	2:20				7	30	40:00	N
	80	2:20				13	40	56:00	N
	90	2:20				18	48	69:00	O
	100	2:20				21	54	78:00	Z
	110	2:20				24	61	88:00	Z
	120	2:20				32	68	103:00	Z
	130	2:00			5	36	74	118:00	Z
100 30.4	25						0	3:20	*
	30	3:00					3	6:20	I
	40	3:00					15	18:20	K
	50	2:40				2	24	29:20	L
	60	2:40				9	28	40:20	N
	70	2:40				17	39	59:20	O
	80	2:40				23	48	74:20	O
	90	2:20			3	23	57	86:20	Z
	100	2:20			7	23	66	99:20	Z
	110	2:20			10	34	72	119:20	Z
	120	2:20			12	41	78	134:20	Z
	Exceptional Exposure								
	180	2:00		1	29	53	118	204:20	**
	240	2:00		14	42	84	142	285:20	**
	360	1:40	2	42	73	111	187	418:20	**
	480	1:40	21	61	91	142	187	505:20	**
	720	1:40	55	106	122	142	187	615:20	**

* See No Decompression Table for repetitive groups

** Repetitive dives may not follow exceptional exposure dives

Table 9-8. *U.S. Navy Standard Air Decompression Table (Continued).*

110 / 33.1

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)	Repetitive group
	20						0	3:40	*
	25	3:20					3	6:40	H
	30	3:20					7	10:40	J
	40	3:00				2	21	26:40	L
	50	3:00				8	26	37:40	M
	60	3:00				18	36	57:40	N
	70	2:40			1	23	48	75:40	O
	80	2:40			7	23	57	90:40	Z
	90	2:40			12	30	64	109:40	Z
	100	2:40			15	37	72	127:40	Z

120 / 36.5

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 70 21.3	60 18.2	50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)	Repetitive group
	15								0	4:00	*
	20	3:40							2	6:00	H
	25	3:40							6	10:00	I
	30	3:40							14	18:00	J
	40	3:20						5	25	34:00	L
	50	3:20						15	31	50:00	N
	60	3:00					2	22	45	73:00	O
	70	3:00					9	23	55	91:00	O
	80	3:00					15	27	63	109:00	Z
	90	3:00					19	37	74	134:00	Z
	100	3:00					23	45	80	152:00	Z
	Exceptional Exposure										
	120	2:40				10	19	47	98	178:00	**
	180	2:20			5	27	37	76	137	286:00	**
	240	2:20			23	35	60	97	179	398:00	**
	360	2:00		18	45	64	93	142	187	553:00	**
	480	1:40	3	41	64	93	122	142	187	656:00	**
	720	1:40	32	74	100	114	122	142	187	775:00	**

130 / 39.6

	10								0	4:20	*
	15	4:00							1	5:20	F
	20	4:00							4	8:20	H
	25	4:00							10	14:20	J
	30	3:40						3	18	25:20	M
	40	3:40						10	25	39:20	N
	50	3:20					3	21	37	65:20	O
	60	3:20					9	23	52	88:20	Z
	70	3:20					16	24	61	105:20	Z
	80	3:00				3	19	35	72	133:20	Z
	90	3:00				8	19	45	80	156:20	Z

* See No Decompression Table for repetitive groups
** Repetitive dives may not follow exceptional exposure dives

Table 9-8. *U.S. Navy Standard Air Decompression Table (Continued).*

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 90 27.4	80 24.3	70 21.3	60 18.2	50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)	Repetitive group
140 42.6	10										0	4:40	*
	15	4:20									2	6:40	G
	20	4:20									6	10:40	I
	25	4:00								2	14	20:40	J
	30	4:00								5	21	30:40	K
	40	3:40							2	16	26	48:40	N
	50	3:40							6	24	44	78:40	O
	60	3:40							16	23	56	99:40	Z
	70	3:20						4	19	32	68	127:40	Z
	80	3:20						10	23	41	79	157:40	Z
	Exceptional Exposure												
	90	3:00					2	14	18	42	88	168:40	**
	120	3:00					12	14	36	56	120	242:40	**
	180	2:40				10	26	32	54	94	168	388:40	**
	240	2:20			8	28	34	50	78	124	187	513:40	**
	360	2:00		9	32	42	64	84	122	142	187	686:40	**
	480	2:00		31	44	59	100	114	122	142	187	803:40	**
	720	1:40	16	56	88	97	100	114	122	142	187	926:40	**
150 45.7	5										0	5:00	C
	10	4:40									1	6:00	E
	15	4:40									3	8:00	G
	20	4:20								2	7	14:00	H
	25	4:20								4	17	26:00	K
	30	4:20								8	24	37:00	L
	40	4:00							5	19	33	62:00	N
	50	4:00							12	23	51	91:00	O
	60	3:40						3	19	26	62	115:00	Z
	70	3:40						11	19	39	75	149:00	Z
	80	3:20					1	17	19	50	84	176:00	Z
160 48.7	5										0	5:20	D
	10	5:00									1	6:20	F
	15	4:40								1	4	10:20	H
	20	4:40								3	11	19:20	J
	25	4:40								7	20	32:20	K
	30	4:20							2	11	25	43:20	M
	40	4:20							7	23	39	74:20	N
	50	4:00						2	16	23	55	101:20	Z
	60	4:00						9	19	33	69	135:20	Z
	Exceptional Exposure												
	70	3:40					1	17	22	44	80	169:20	**

* See No Decompression Table for repetitive groups
** Repetitive dives may not follow exceptional exposure dives

Table 9-8. *U.S. Navy Standard Air Decompression Table (Continued).*

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 110 33.5	100 30.4	90 27.4	80 24.3	70 21.3	60 18.2	50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)	Repetitive group
170 51.8	5												0	5:40	D
	10	5:20											2	7:40	F
	15	5:00										2	5	12:40	H
	20	5:00										4	15	24:40	J
	25	4:40									2	7	23	37:40	L
	30	4:40									4	13	26	48:40	M
	40	4:20								1	10	23	45	84:40	O
	50	4:20								5	18	23	61	112:40	Z
	60	4:00							2	15	22	37	74	155:40	Z
	Exceptional Exposure														
	70	4:00							8	17	19	51	86	186:40	**
	90	3:40						12	12	14	34	52	120	249:40	**
	120	3:00				2	10	12	18	32	42	82	156	359:40	**
	180	2:40			4	10	22	28	34	50	78	120	187	538:40	**
	240	2:40			18	24	30	42	50	70	116	142	187	684:40	**
	360	2:20		22	34	40	52	60	98	114	122	142	187	876:40	**
	480	2:00	14	40	42	56	91	97	100	114	122	142	187	1010:40	**
180 54.8	5												0	6:00	D
	10	5:40											3	9:00	F
	15	5:20										3	6	15:00	I
	20	5:00									1	5	17	29:00	J
	25	5:00									3	10	24	43:00	L
	30	5:00									6	17	27	56:00	N
	40	4:40								3	14	23	50	96:00	O
	50	4:20							2	9	19	30	65	131:00	Z
	60	4:20							5	16	19	44	81	171:00	Z
190 57.9	5	5:40											0	6:20	D
	10	5:40										1	3	10:20	G
	15	5:40										6	7	17:20	I
	20	5:20									2	6	20	34:20	K
	25	:5:20									5	11	25	47:20	M
	30	5:00								1	8	19	32	66:20	N
	40	5:00								8	14	23	55	106:20	O
	Exceptional Exposure														
	50	4:40							4	13	22	33	72	150:20	**
	60	4:40							10	17	19	50	84	186:20	**

* See No Decompression Table for repetitive groups
** Repetitive dives may not follow exceptional exposure dives

Table 9-8. U.S. Navy Standard Air Decompression Table (Continued).

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 130 39.6	120 36.5	110 33.5	100 30.4	90 27.4	80 24.3	70 21.3	60 18.2	50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)
200	Exceptional Exposure															
60.9	5	6:20													1	7:40
	10	6:00												1	4	11:40
	15	5:40											1	4	10	21:40
	20	5:40											3	7	27	43:40
	25	5:40											7	14	25	52:40
	30	5:20										2	9	22	37	76:40
	40	5:00									2	8	17	23	59	115:40
	50	5:00									6	16	22	39	75	164:40
	60	4:40								2	13	17	24	51	89	202:40
	90	3:40					1	10	10	12	12	30	38	74	134	327:40
	120	3:20				6	10	10	10	24	28	40	64	98	180	476:40
	180	2:40		1	10	10	18	24	24	42	48	70	106	142	187	688:40
	240	2:40		6	20	24	24	36	42	54	68	114	122	142	187	845::40
	360	2:20	12	22	36	40	44	56	82	98	100	114	122	142	187	1061:40
210	Exceptional Exposure															
64.0	5	6:40													1	8:00
	10	6:20												2	4	13:00
	15	6:00											1	5	13	26:00
	20	6:00											4	10	23	44:00
	25	5:40										2	7	17	27	60:00
	30	5:40										4	9	24	41	85:00
	40	5:20									4	9	19	26	63	128:00
	50	5:20								1	9	17	19	45	80	178:00
220	Exceptional Exposure															
67.0	5	7:00													1	8:20
	10	6:40												2	5	14:20
	15	6:20											2	5	16	30:20
	20	6:00										1	3	11	24	46:20
	25	6:00										3	8	19	33	70:20
	30	5:40									1	7	10	23	47	95:20
	40	5:40									6	12	22	29	68	144:20
	50	5:20								3	12	17	18	51	86	194:20
230	Exceptional Exposure															
70.1	5	7:20													2	9:40
	10	6:20											1	2	6	16:40
	15	6:20											3	6	18	34:40
	20	6:20										2	5	12	26	52:40
	25	6:20										4	8	22	37	78:40
	30	6:00									2	8	12	23	51	103:40
	40	5:40								1	7	15	22	34	74	160:40
	50	5:40								5	14	16	24	51	89	206:40

Table 9-8. *U.S. Navy Standard Air Decompression Table (Continued).*

240 fsw / 73.1 msw

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 130 / 39.6	120 / 36.5	110 / 33.5	100 / 30.4	90 / 27.4	80 / 24.3	70 / 21.3	60 / 18.2	50 / 15.2	40 / 12.1	30 / 9.1	20 / 6.0	10 / 3.0	Total decompression time (min:sec)
Exceptional Exposure	5	7:40													2	10:00
	10	7:00											1	3	6	18:00
	15	7:00											4	6	21	39:00
	20	6:40										3	6	15	25	57:00
	25	6:20									1	4	9	24	40	86:00
	30	6:20									4	8	15	22	56	113:00
	40	6:00								3	7	17	22	39	75	171:00
	50	5:40							1	8	15	16	29	51	94	222:00

250 fsw / 76.2 msw

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 200 / 60.9	190 / 57.9	180 / 54.8	170 / 51.8	160 / 48.7	150 / 45.7	140 / 42.6	130 / 39.6	120 / 36.5	110 / 33.5	100 / 30.4	90 / 27.4	80 / 24.3	70 / 21.3	60 / 18.2	50 / 15.2	40 / 12.1	30 / 9.1	20 / 6.0	10 / 3.0	Total decompression time (min:sec)
Exceptional Exposure	5	7:40																			1	2	11:20
	10	7:20																		1	4	7	20:20
	15	7:00																	1	4	7	22	42:20
	20	7:00																	4	7	17	27	63:20
	25	6:40																2	7	10	24	45	96:20
	30	6:40																6	7	17	23	59	120:20
	40	6:20															5	9	17	19	45	79	182:20
	60	5:20												4	10	10	10	12	22	36	64	164	302:20
	90	4:20								8	10	10	10	10	10	28	28	44	68	98	186	518:20
	120	3:40							5	10	10	10	16	24	24	36	48	64	94	142	187	688:20
	180	3:00					4	8	8	10	22	24	24	32	42	44	60	84	114	122	142	187	935:20
	240	3:00					9	14	21	22	22	40	40	42	56	76	98	100	114	122	142	187	1113:20

260 fsw / 79.2 msw

Exceptional Exposure	5	8:00																		1	2	11:40
	10	7:40																	2	4	9	23:40
	15	7:20																2	4	10	22	46:40
	20	7:00															1	4	7	20	31	71:40
	25	7:00															3	8	11	23	50	103:40
	30	6:40														2	6	8	19	26	61	130:40
	40	6:20													1	6	11	16	19	49	84	194:40

270 fsw / 82.3 msw

Exceptional Exposure	5	8:20																		1	3	13:00
	10	8:00																	2	5	11	27:00
	15	7:40																3	4	11	24	51:00
	20	7:20															2	3	9	21	35	79:00
	25	7:00														2	3	8	13	23	53	111:00
	30	7:00														3	6	12	22	27	64	143:00
	40	6:40													5	6	11	17	22	51	88	209:00

Table 9-8. *U.S. Navy Standard Air Decompression Table (Continued).*

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 200 60.9	190 57.9	180 54.8	170 51.8	160 48.7	150 45.7	140 42.6	130 39.6	120 36.5	110 33.5	100 30.4	90 27.4	80 24.3	70 21.3	60 18.2	50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)
280 85.3	Exceptional Exposure																						
	5	8:40																			2	2	13:20
	10	8:00																	1	2	5	13	30:20
	15	7:40																1	3	4	11	26	54:20
	20	7:40																3	4	8	23	39	86:20
	25	7:20															2	5	7	16	23	56	118:20
	30	7:00														1	3	7	13	22	30	70	155:20
	40	6:40													1	6	6	13	17	27	51	93	223:20
290 88.4	Exceptional Exposure																						
	5	9:00																			2	3	14:40
	10	8:20																	1	3	5	16	34:40
	15	8:00																1	3	6	12	26	57:40
	20	8:00																3	7	9	23	43	94:40
	25	7:40															3	5	8	17	23	60	125:40
	30	7:20														1	5	6	16	22	36	72	167:40
	40	7:00													3	5	7	15	16	32	51	95	233:40

Depth feet/meters	Bottom time (min)	Time first stop (min:sec)	Decompression stops (feet/meters) 200 60.9	190 57.9	180 54.8	170 51.8	160 48.7	150 45.7	140 42.6	130 39.6	120 36.5	110 33.5	100 30.4	90 27.4	80 24.3	70 21.3	60 18.2	50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Total decompression time (min:sec)
300 91.4	Exceptional Exposure																						
	5	9:20																			3	3	16:00
	10	8:40																	1	3	6	17	37:00
	15	8:20																2	3	6	15	26	62:00
	20	8:00															2	3	7	10	23	47	102:00
	25	7:40														1	3	6	8	19	26	61	134:00
	30	7:40														2	5	7	17	22	39	75	177:00
	40	7:20													4	6	9	15	17	34	51	90	‘236:00
	60	6:00									4	10	10	10	10	10	14	28	32	50	90	187	465:00
	90	4:40					‘3	8	8	10	10	10	10	16	24	24	34	48	64	90	142	187	698:00
	120	4:00			4	8	8	8	8	10	14	24	24	24	34	42	58	66	102	122	142	187	895:00
	180	3:30	6	8	8	8	14	20	21	21	28	40	40	48	56	82	98	100	114	122	142	187	1173:00

Table 9-9. Surface Decompression Table Using Oxygen.

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) breathing air at water stops (feet/meters) 60 18.2	50 15.2	40 12.1	30 9.1	Surface Interval	Time at 40-foot chamber stop (min) on oxygen	Surface	Total decompression time (min:sec)
70 21.3	50	2:20								2:20
	90	2:20						15		22:40
	120	2:20						23		30:40
	150	2:20						31		43:40
	180	2:20						39		51:40
80 24.3	40	2:40								2:40
	70	2:40						14		22:00
	85	2:40						20		28:00
	100	2:40						26		34:00
	115	2:40						31		44:00
	130	2:40						37		50:00
	150	2:40						44		57:00
90 27.4	30	3:00								3:00
	60	3:00						14		22:20
	70	3:00						20		28:20
	80	3:00						25		33:20
	90	3:00						30		38:20
	100	3:00						34		47:20
	110	3:00						39		52:20
	120	3:00						43		56:20
	130	3:00						48		61:20
100 30.4	25	3:20								3:20
	50	3:20						14		22:40
	60	3:20						20		28:40
	70	3:20						26		34:40
	80	3:20						32		45:40
	90	3:20						38		51:40
	100	3:20						44		57:40
	110	3:20						49		62:40
	120	2:20				3		53		69:20
110 33.5	20	3:40								3:40
	40	3:40						12		21:00
	50	3:40						19		28:00
	60	3:40						26		35:00
	70	3:40						33		47:00
	80	2:40				1		40		55:00
	90	2:40				2		46		62:00
	100	2:40				5		51		70:00
	110	2:40				12		54		80:00

TOTAL TIME FROM LAST WATER STOP TO FIRST CHAMBER STOP NOT TO EXCEED 5 MINUTES

1-MINUTE 20 SECONDS ASCENT FROM 40 FEET IN CHAMBER TO SURFACE WHILE BREATHING OXYGEN

Table 9-9. Surface Decompression Table Using Oxygen (Continued).

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) breathing air at water stops (feet/meters) 60 18.2	50 15.2	40 12.1	30 9.1	Surface Interval	Time at 40-foot chamber stop (min) on oxygen	Surface	Total decompression time (min:sec)
120 36.5	15	4:00					TOTAL TIME FROM LAST WATER STOP TO FIRST CHAMBER STOP NOT TO EXCEED 5 MINUTES		1-MINUTE 20 SECONDS ASCENT FROM 40 FEET IN CHAMBER TO SURFACE WHILE BREATHING OXYGEN	4:00
	30	4:00						9		18:20
	40	4:00						16		25:20
	50	4:00						24		33:20
	60	3:00				2		32		48:20
	70	3:00				4		39		57:20
	80	3:00				5		46		65:20
	90	3:00			3	7		51		75:20
	100	3:00			6	15		54		89:20
130 39.6	10	4:20								4:20
	30	4:20						12		21:40
	40	4:20						21		30:40
	50	3:20				3		29		41:40
	60	3:20				5		37		56:40
	70	3:20				7		45		66:40
	80	3:00			6	7		51		78:40
	90	3:00			10	12		56		92:40
140 42.6	10	4:40								4:40
	25	4:40						11		21:00
	30	4:40						15		25:00
	35	4:40						20		30:00
	40	3:40				2		24		36:00
	45	3:40				4		29		43:00
	50	3:40				6		33		54:00
	55	3:40				7		38		60:00
	60	3:40				8		43		66:00
	65	3:20			3	7		48		73:00
	70	3:00		2	7	7		51		82:00
150 45.7	5	5:00								5:00
	25	5:00						13		23:20
	30	5:00						18		28:20
	35	4:00				4		23		37:20
	40	3:40			3	6		27		46:20
	45	3:40			5	7		33		60:20
	50	3:20		2	5	8		38		68:20
	55	3:00	2	5	9	4		44		79:20

Table 9-9. Surface Decompression Table Using Oxygen (Continued).

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) breathing air at water stops (feet/meters) 60 18.2	50 15.2	40 12.1	30 9.1	Surface Interval	Time at 40-foot chamber stop (min) on oxygen	Surface	Total decompression time (min:sec)
160 48.7	5	5:20								5:20
	20	5:20						11		21:40
	25	5:20						16		26:40
	30	4:20				2		21		33:40
	35	4:00			4	6		26		46:40
	40	3:40		3	5	8		32		63:40
	45	3:20	3	4	8	6		38		74:40
170 51.8	5	5:40								5:40
	20	5:40						13		24:00
	25	5:40						19		30:00
	30	4:20			3	5		23		42:00
	35	4:00		4	4	7		29		55:00
	40	3:40	4	4	8	6		36		74:00

TOTAL TIME FROM LAST WATER STOP TO FIRST CHAMBER STOP NOT TO EXCEED 5 MINUTES

1-MINUTE 20 SECONDS ASCENT FROM 40 FEET IN CHAMBER TO SURFACE WHILE BREATHING OXYGEN

Table 9-10. *Surface Decompression Table Using Air.*

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) at water stops (feet/meters) 30 9.1	20 6.0	10 3.0	Surface Interval	Chamber stops (air) (min) (feet/meters) 20 6.0	10 3.0	Total decompression time (min:sec)
40 12.1	230	1:00			3			7	15:20
	250	1:00			3			11	19:20
	270	1:00			3			15	23:20
	300	1:00			3			19	27:20
50 15.2	120	1:20			3			5	13:40
	140	1:20			3			10	18:40
	160	1:20			3			21	29:40
	180	1:20			3			29	37:40
	200	1:20			3			35	43:40
	220	1:20			3			40	48:40
	240	1:20			3			47	55:40
60 18.2	80	1:40			3			7	16:00
	100	1:40			3			14	23:00
	120	1:40			3			26	35:00
	140	1:40			3			39	48:00
	160	1:40			3			48	57:00
	180	1:40			3			56	65:00
	200	1:20		3			3	69	81:30
70 21.3	60	2:00			3			8	17:20
	70	2:00			3			14	23:20
	80	2:00			3			18	27:20
	90	2:00			3			23	32:20
	100	2:00			3			33	42:20
	110	1:40		3			3	41	53:50
	120	1:40		3			4	47	60:50
	130	1:40		3			6	52	67:50
	140	1:40		3			8	56	73:50
	150	1:40		3			9	61	79:50
	160	1:40		3			13	72	94:50
	170	1:40		3			19	79	107:50
80 24.3	50	2:20			3			10	19:40
	60	2:20			3			17	26:40
	70	2:20			3			23	32:40
	80	2:00		3			3	31	44:10
	90	2:00		3			7	39	56:10
	100	2:00		3			11	46	67:10
	110	2:00		3			13	53	76:10
	120	2:00		3			17	56	83:10
	130	2:00		3			19	63	92:10
	140	2:00		26			26	69	128:10
	150	2:00		32			32	77	148:10

Table 9-10. Surface Decompression Table Using Air (Continued).

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) at water stops (feet/meters) 30 9.1	20 6.0	10 3.0	Surface Interval	Chamber stops (air) (min) (feet/meters) 20 6.0	10 3.0	Total decompression time (min:sec)
90 27.4	40	2:40			3			7	17:00
	50	2:40			3			18	28:00
	60	2:40			3			25	35:00
	70	2:20		3			7	30	47:30
	80	2:20		13			13	40	73:30
	90	2:20		18			18	48	91:30
	100	2:20		21			21	54	103:30
	110	2:20		24			24	61	116:30
	120	2:20		32			32	68	139:30
	130	2:00	5	36			36	74	158:30
100 30.4	40	3:00			3			15	25:20
	50	2:40		3			3	24	37:50
	60	2:40		3			9	28	47:50
	70	2:40		3			17	39	66:50
	80	2:40		23			23	48	101:50
	90	2:20	3	23			23	57	113:50
	100	2:20	7	23			23	66	126:50
	110	2:20	10	34			34	72	157:50
	120	2:20	12	41			41	78	179:50
110 33.5	30	3:20			3			7	17:40
	40	3:00		3			3	21	35:10
	50	3:00		3			8	26	45:10
	60	3:00		18			18	36	80:10
	70	2:40	1	23			23	48	103:10
	80	2:40	7	23			23	57	118:10
	90	2:40	12	30			30	64	144:10
	100	2:40	15	37			37	72	169:10
120 35.5	25	3:40			3			6	17:00
	30	3:40			3			14	25:00
	40	3:20		3			5	25	41:30
	50	3:20		15			15	31	69:30
	60	3:00	2	22			22	45	99:30
	70	3:00	9	23			23	55	118:30
	80	3:00	15	27			27	63	140:30
	90	3:00	19	37			37	74	175:30
	100	3:00	23	45			45	80	201:30

Table 9-10. Surface Decompression Table Using Air (Continued).

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) at water stops (feet/meters) 50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Surface Interval	Chamber stops (air) (min) (feet/meters) 20 6.0	10 3.0	Total decompression time (min:sec)
130 39.6	25	4:00					3			10	21:20
	30	3:40				3			3	18	32:50
	40	3:40				10			10	25	53:50
	50	3:20			3	21			21	37	90:50
	60	3:20			9	23			23	52	115:50
	70	3:20			16	24			24	61	133:50
	80	3:00		3	19	35			35	72	172:50
	90	3:00		8	19	45			45	80	205:50
140 42.6	20	4:20					3			6	17:40
	25	4:00				3			3	14	29:10
	30	4:00				5			5	21	40:10
	40	3:40			2	16			16	26	69:10
	50	3:40			6	24			24	44	107:10
	60	3:40			16	23			23	56	127:10
	70	3:20		4	19	32			32	68	164:10
	80	3:20		10	23	41			41	79	203:10
150 45.7	20	4:20				3			3	7	22:30
	25	4:20				4			4	17	34:30
	30	4:20				8			8	24	49:30
	40	4:00			5	19			19	33	85:30
	50	4:00			12	23			23	51	118:30
	60	3:40		3	19	26			26	62	145:30
	70	3:40		11	19	39			39	75	192:30
	80	3:20	1	17	19	50			50	84	230:30
160 48.7	20	4:40				3			3	11	26:50
	25	4:40				7			7	20	43:50
	30	4:20			2	11			11	25	58:50
	40	4:20			7	23			23	39	101:50
	50	4:00		2	16	23			23	55	128:50
	60	4:00		9	19	33			33	69	172:50
	70	3:40	1	17	22	44			44	80	217:50
170 51.8	15	5:00				3			3	5	21:10
	20	5:00				4			4	15	33:10
	25	4:40			2	7			7	23	49:10
	30	4:40			4	13			13	26	66:10
	40	4:20		1	10	23			23	45	112:10
	50	4:20		5	18	23			23	61	140:10
	60	4:00	2	15	22	37			37	74	197:10
	70	4:00	8	17	19	51			51	86	242:10

Table 9-10. Surface Decompression Table Using Air (Continued).

Depth feet/meters	Bottom time (min)	Time to first stop or surface (min:sec)	Time (min) at water stops (feet/meters) 50 15.2	40 12.1	30 9.1	20 6.0	10 3.0	Surface Interval	Chamber stops (air) (min) (feet/meters) 20 6.0	10 3.0	Total decompression time (min:sec)
180 54.8	15	5:20				3			3	6	22:30
	20	5:00			1	5			5	17	38:30
	25	5:00			3	10			10	24	57:30
	30	5:00			6	17			17	27	77:30
	40	4:40		3	14	23			23	50	123:30
	50	4:20	2	9	19	30			30	65	165:30
	60	4:20	5	16	19	44			44	81	219:30
190 57.9	15	5:40				4			4	7	25:50
	20	5:20			2	6			6	20	44:50
	25	5:20			5	11			11	25	62:50
	30	5:00		1	8	19			19	32	89:50
	40	5:00		8	14	23			23	55	133:50
	50	4:40	4	13	22	33			33	72	187:50
	60	4:40	10	17	19	50			50	84	240:50

Table 14-7. Surface-Supplied Helium-Oxygen Decompression Table.

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw) 190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	Total Ascent Time* (min:sec)
			BOTTOM MIX														100% O_2		
60	10	2:00																0	2:00
	20	2:00																0	2:00
	30	2:00																0	2:00
Max O_2 = 40.0%	40	2:00																0	2:00
Min O_2 = 16.0%	60	0:40																24	24:40
	80	0:40																32	32:40
	100	0:40																40	40:40
	120	0:40																42	42:40
70	10	2:20																0	2:20
	20	2:20																0	2:20
	30	2:20																0	2:20
Max O_2 = 40.0%	40	1:00																23	24:00
Min O_2 = 16.0%	60	1:00																35	36:00
	80	1:00																45	46:00
	100	1:00																50	51:00
	120	1:00																55	56:00
80	10	2:40																0	2:40
	20	2:40																0	2:40
	25	2:40																0	2:40
Max O_2 = 38.0%	30	1:20																24	25:20
Min O_2 = 16.0%	40	1:20																31	32:20
	60	1:20																47	48:20
	80	1:20																56	57:20
	100	1:20																63	64:20
	120	1:20																67	68:20
90	10	3:00																0	3:00
	20	3:00																0	3:00
	30	1:40																31	32:40
Max O_2 = 34.9%	40	1:40																39	40:40
Min O_2 = 16.0%	60	1:40																56	57:40
	80	1:40																67	68:40
	100	1:40																75	76:40
	120	1:40																78	79:40
100	10	3:20																0	3:20
	15	3:20																0	3:20
	20	2:00																25	27:00
Max O_2 = 32.3%	30	2:00																36	38:00
Min O_2 = 16.0%	40	2:00																47	49:00
	60	2:00																66	68:00
	80	2:00																77	79:00
	100	2:00																84	86:00
	120	2:00																87	89:00

* Does not include oxygen shiftover time.

Table 14-7. Surface-Supplied Helium-Oxygen Decompression Table (Continued).

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw) 190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	Total Ascent Time* (min:sec)
			BOTTOM MIX														100% O_2		
110	10	2:20																16	18:20
	20	2:20																29	31:20
	30	2:20																42	44:20
Max O_2 = 30.0%	40	2:20																53	55:20
Min O_2 = 16.0%	60	2:20																73	75:20
	80	2:20																88	88:20
	100	2:20																92	94:20
	120	2:20																96	98:20
120	10	2:40																19	21:40
	20	2:40																34	36:40
	30	2:40																49	51:40
Max O_2 = 28.0%	40	2:40																62	64:40
Min O_2 = 16.0%	60	2:40																82	84:40
	80	2:40																94	96:40
	100	2:40																99	101:40
	120	2:20															10	97	109:20
130	10	2:40															10	11	23:40
	20	2:40															10	28	40:40
	30	2:40															10	45	57:40
Max O_2 = 26.3%	40	2:20														7	10	59	78:20
Min O_2 = 16.0%	60	2:20														7	10	78	97:20
	80	2:20														7	10	90	102:20
	100	2:20														7	10	96	115:20
	120	2:20														7	11	98	118:20
140	10	3:00															10	11	24:00
	20																10	28	41:00
	30	3:00															10	45	58:00
Max O_2 = 24.8%	40															7	10	59	78:40
Min O_2 = 16.0%	60	2:40														7	10	78	97:40
	80															7	10	90	109:40
	100	2:40														7	10	96	115:40
	120															7	11	98	118:40
150	10	3:20															10	12	25:20
	20															7	10	33	53:00
	30	3:00														7	10	50	70:00
Max O_2 = 23.4%	40															7	10	65	85:00
Min O_2 = 16.0%	60	3:00														7	10	84	104:00
	80															7	10	96	116:00
	100	3:00														7	13	99	122:00
	120															9	16	99	127:00

* Does not include oxygen shiftover time.

Exceptional Exposure times are surrounded by the black box.

Table 14-7. Surface-Supplied Helium-Oxygen Decompression Table (Continued).

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw) 190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	Total Ascent Time* (min:sec)
			BOTTOM MIX														100% O_2		
160	10	3:20														7	10	15	35:20
	20	3:20														7	10	36	56:20
	30	3:20														7	10	55	75:20
Max O_2 = 22.2%	40	3:20														7	10	70	90:20
Min O_2 = 16.0%	60	3:00													7	6	10	83	109:00
	80	3:00													7	9	10	98	127:00
	100	3:00													7	13	14	98	135:00
	120	3:00													7	17	16	98	142:00
170	10	3:20													7	0	10	17	37:20
	20	3:20													7	0	10	41	61:20
	30	3:20													7	1	10	62	83:20
Max O_2 = 21.1%	40	3:20													7	4	10	77	101:20
Min O_2 = 16.0%	60	3:20													7	10	10	92	122:20
	80	3:20													9	14	13	96	137:20
	100	3:00												7	5	18	15	99	147:20
	120	3:00												7	9	21	16	99	155:20
180	10	3:40													7	0	10	20	40:40
	20	3:40													7	0	10	44	64:40
	30	3:40													7	4	10	67	91:40
Max O_2 = 20.1%	40	3:20												7	0	8	10	81	109:20
Min O_2 = 16.0%	60	3:20												7	5	11	10	96	132:20
	80	3:20												7	9	15	15	99	148:20
	100	3:20												7	13	19	16	99	157;20
	120	3:20												7	17	23	16	99	165:20
190	10	4:00													7	0	10	22	43:00
	20	3:40												7	0	2	10	50	72:40
	30	3:40												7	0	7	10	69	96:40
Max O_2 = 19.2%	40	3:40												7	4	9	10	84	117:40
Min O_2 = 16.0%	60	3:40												7	9	13	12	93	137:40
	80	3:20											7	3	13	18	15	99	158:20
	100	3:20											7	6	16	21	16	99	168:20
	120	3:20											7	8	20	23	16	99	176:20
200	10	4:00												7	0	1	10	25	46:00
	20	4:00												7	0	4	10	53	78:00
	30	3:40											7	0	3	7	10	74	104:40
Max O_2 = 18.4%	40	3:40											7	0	7	10	10	86	123:40
Min O_2 = 16.0%	60	3:40											7	4	10	14	13	98	149:40
	80	3:40											7	8	14	18	16	99	165:40
	100	3:40											7	12	17	23	16	99	177:40
	120	3:40											8	15	21	23	18	99	185:40

* Does not include oxygen shiftover time.

Exceptional Exposure times are surrouned by the black box.

Table 14-7. Surface-Supplied Helium-Oxygen Decompression Table (Continued).

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw) 190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	Total Ascent Time* (min:sec)
			BOTTOM MIX									40% O_2					100% O_2		
210	10	4:20												7	0	0	10	28	49:20
	20	4:00											7	0	1	6	10	57	85:00
	30	4:00											7	0	6	7	10	79	113:00
Max O_2 = 17.7%	40	4:00											7	3	9	10	10	90	133:00
Min O_2 = 12.0%	60	3:40										7	0	9	11	17	13	98	158:40
	80	3:40										7	3	11	15	20	13	99	171:40
	100	3:40										7	6	14	19	23	16	99	187:40
	120	3:40										7	8	18	23	23	16	99	197:40
220	10	4:40												7	0	2	10	30	53:40
	20	4:20											7	0	3	7	10	61	92:20
	30	4:20											7	2	6	9	10	81	119:20
Max O_2 = 17.0%	40	4:00										7	0	6	9	11	10	93	140:00
Min O_2 = 12.0%	60	4:00										7	4	9	12	18	14	99	167:00
	80	4:00										7	8	12	17	21	16	99	184:00
	100	4:00										7	12	15	20	23	16	99	196:00
	120	4:00										8	14	19	23	23	16	99	206:00
230	10	4:40											7	0	0	3	10	33	57:40
	20	4:20										7	0	1	4	7	10	65	98:20
	30	4:20										7	0	5	7	10	10	85	128:20
Max O_2 = 16.3%	40	4:00									7	0	3	7	9	13	11	95	149:00
Min O_2 = 12.0%	60	4:00									7	0	8	10	14	18	15	99	175:00
	80	4:00									7	3	10	14	18	23	16	99	194:00
	100	4:00									7	6	12	17	23	23	16	99	207:00
	120	4:00									7	7	16	19	23	23	16	99	214:00
240	10	4:40										7	0	0	2	4	10	35	62:40
	20											7	0	2	5	7	10	68	103:40
	30	4:20									7	0	2	6	7	10	10	87	133:20
Max O_2 = 15.7%	40										7	0	5	8	9	14	12	96	155:20
Min O_2 = 12.0%	60	4:20									7	4	8	11	14	19	16	99	182:20
	80										7	7	11	16	18	23	16	99	201:20
	100	4:20									7	10	14	19	23	23	16	99	215:20
	120									7	3	12	17	19	23	23	16	99	223:00
250	10	5:00										7	0	0	2	4	10	37	65:00
	20										7	0	0	3	7	7	10	70	108:40
	30	4:40									7	0	4	6	8	10	10	89	138:40
Max O_2 = 15.2%	40										7	2	5	9	9	14	13	96	159:40
Min O_2 = 12.0%	60	4:20								7	0	7	9	12	16	21	16	99	191:20
	80									7	3	9	13	15	21	23	16	99	210:20
	100	4:20								7	6	11	14	19	23	23	16	99	222:20
	120									7	8	13	19	20	23	23	16	99	232:20

* Does not include oxygen shiftover time.

Exceptional Exposure times are surrounded by the black box.

Table 14-7. Surface-Supplied Helium-Oxygen Decompression Table (Continued).

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw) 190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	Total Ascent Time* (min:sec)
			BOTTOM MIX									40% O_2					100% O_2		
260	10	5:00									7	0	0	0	4	4	10	40	70:00
	20	5:00									7	0	2	4	6	7	10	74	115:00
	30	4:40								7	0	2	5	6	9	10	10	92	145:40
Max O_2 = 14.6%	40	4:40								7	0	3	8	9	10	15	14	96	166:40
Min O_2 = 12.0%	60	4:40								7	3	7	10	14	16	21	16	99	197:40
	80	4:40								7	6	10	13	17	23	23	16	99	218:40
	100	4:20							7	2	9	13	16	20	23	23	16	99	232:20
	120	4:20							7	4	11	14	19	20	23	23	16	99	240:20
270	10	5:20									7	0	0	2	3	4	10	42	73:20
	20	5:00								7	0	0	2	6	6	8	10	78	122:00
	30	5:00								7	0	3	6	6	9	13	10	93	152:00
Max O_2 = 14.2%	40	4:40							7	0	2	5	8	8	12	16	13	98	173:40
Min O_2 = 12.0%	60	4:40							7	0	6	8	10	14	19	23	16	99	206:40
	80	4:40							7	3	8	11	14	17	23	23	16	99	225:40
	100	4:40							7	5	11	13	16	20	23	23	16	99	237:40
	120	4:40							7	8	12	16	19	20	23	23	18	99	247:40
280	10	5:40									7	0	0	3	3	4	10	46	78:40
	20	5:20								7	0	0	4	6	7	7	10	81	127:20
	30	5:00							7	0	1	5	5	9	9	12	10	96	159:00
Max O_2 = 13.7%	40	5:00							7	0	4	6	8	9	12	17	15	98	181:00
Min O_2 = 12.0%	60	5:00							7	4	6	8	12	15	18	23	16	99	213:00
	80	4:40						7	0	7	9	11	15	17	23	23	16	99	231:40
	100	4:40						7	2	9	11	15	17	20	23	23	16	99	246:40
	120	4:40						7	4	11	13	16	19	20	23	23	16	99	255:40
290	10	5:40								7	0	0	0	4	3	4	10	49	82:40
	20								7	0	0	2	6	6	6	9	10	83	134:20
	30	5:20							7	0	2	5	5	9	9	14	12	94	162:20
Max O_2 = 13.3%	40								7	0	5	7	8	11	13	17	15	98	186:20
Min O_2 = 12.0%	60	5:00						7	0	6	7	9	12	15	20	23	16	99	219:00
	80							7	2	8	10	12	16	19	23	23	16	99	240:00
	100	5:00						7	5	10	12	15	19	20	23	23	16	99	254:00
	120							7	8	11	16	17	19	20	23	23	16	99	264:00
300	10	6:00								7	0	0	0	4	3	4	10	49	83:00
	20								7	0	0	2	6	6	6	9	10	83	134:40
	30	5:40							7	0	2	5	5	9	9	14	12	94	162:40
Max O_2 = 12.9%	40								7	0	5	7	8	11	13	17	15	98	186:40
Min O_2 = 12.0%	60	5:20						7	0	6	7	9	12	15	20	23	16	99	219:20
	80							7	2	8	10	12	16	19	23	23	16	99	240:20
	100	5:20						7	5	10	12	15	19	20	23	23	16	99	254:20
	120							7	8	11	16	17	19	20	23	23	16	99	264:20

* Does not include oxygen shiftover time.

Exceptional Exposure times are surrounded by the black box.

Table 14-7. Surface-Supplied Helium-Oxygen Decompression Table (Continued).

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw)																Total Ascent Time* (min:sec)
			190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	
			BOTTOM MIX									40% O_2					100% O_2		
310	10	6:00							7	0	0	0	3	3	3	7	10	54	93:00
	20	5:40						7	0	0	2	4	5	6	7	10	10	85	141:40
	30	5:40						7	0	2	4	5	7	8	11	15	13	98	175:40
Max O_2 = 12.5%	40	5:20					7	0	1	4	6	7	8	12	15	19	16	99	199:20
Min O_2 = 10.0%	60	5:20					7	0	5	6	9	11	13	17	20	23	16	99	231:20
	80	5:20					7	3	7	9	11	13	17	20	23	23	16	99	253:20
	100	5:20					7	5	9	11	13	17	19	20	23	23	16	99	267:20
	120	5:20					7	7	12	13	16	17	19	20	23	23	16	99	277:20
320	10	6:20							7	0	0	0	4	3	3	7	10	56	96:20
	20	6:00						7	0	0	3	5	5	6	8	10	10	88	148:00
	30	5:40					7	0	0	4	4	6	7	9	11	17	13	98	181:40
Max O_2 = 12.2%	40	4:40					7	0	4	4	6	7	9	12	16	20	16	99	205:40
Min O_2 = 10.0%	60	5:20				7	0	2	6	8	9	11	14	17	23	23	16	99	240:20
	80	5:20				7	0	6	8	8	13	14	19	20	23	23	16	99	261:20
	100	5:20				7	2	7	10	13	16	17	19	20	23	23	16	99	277:20
	120	5:20				7	4	9	12	13	16	17	19	20	23	23	16	99	283:20
330	10	6:20						7	0	0	0	2	3	3	4	7	10	59	101:20
	20	6:00					7	0	0	2	3	4	6	5	10	10	10	90	153:00
	30	6:00					7	0	1	4	5	6	8	8	13	17	14	98	187:00
Max O_2 = 11.8%	40	5:40				7	0	1	4	5	7	7	10	12	17	22	16	99	212:40
Min O_2 = 10.0%	60	5:40				7	0	5	6	8	9	11	15	20	23	23	16	99	247:40
	80	5:40				7	2	7	8	10	13	15	19	20	23	23	16	99	267:40
	100	5:40				7	5	9	9	13	16	17	19	20	23	23	16	99	281:40
	120	5:20			7	1	7	10	13	15	16	17	19	20	23	23	16	99	291:20
340	10	6:40						7	0	0	0	3	3	3	4	7	10	61	104:40
	20						7	0	0	2	4	5	7	8	9	10	10	90	158:20
	30	6:00				7	0	0	3	5	5	6	8	9	13	18	14	98	192:00
Max O_2 = 11.5%	40					7	0	2	4	6	7	8	10	13	16	22	16	99	216:00
Min O_2 = 10.0%	60	5:40			7	0	3	5	6	9	10	13	16	18	21	23	16	99	251:40
	80				7	0	7	7	8	11	13	15	19	20	23	23	16	99	273:40
	100	5:40			7	2	8	8	12	13	16	17	19	20	23	23	16	99	288:40
	120				7	4	9	11	13	15	16	17	19	20	23	23	16	99	297:40
350	10	6:40					7	0	0	0	2	2	3	3	5	7	10	64	109:40
	20					7	0		0	4	4	5	5	7	9	13	10	94	164:20
	30	6:20				7	0	1	4	4	5	7	8	11	13	18	14	99	197:20
Max O_2 = 11.2%	40				7	0	1		5	6	7	8	11	14	17	23	16	99	223:00
Min O_2 = 10.0%	60	6:00			7	0	5	5	8	8	11	12	16	19	23	23	16	99	258:00
	80				7	2	7		10	11	13	17	19	20	23	23	16	99	280:00
	100	5:40		7	0	6	8	9	11	15	16	17	19	20	23	23	16	99	294:40
	120			7	1	7	9		14	15	16	17	19	20	23	23	16	99	303:40

* Does not include oxygen shiftover time.

Exceptional Exposure times are surrounded by the black box.

Table 14-7. *Surface-Supplied Helium-Oxygen Decompression Table (Continued).*

Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	Decompression Stops (fsw) 190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	Total Ascent Time* (min:sec)
			BOTTOM MIX									40% O_2					100% O_2		
360	10	7:00					7	0	0	0	2	2	2	3	7	7	10	66	113:00
	20	6:40				7	0	0	2	3	4	5	5	8	10	13	10	94	167:40
	30	6:20			7	0	0	3	3	5	6	7	8	11	13	19	15	99	202:20
Max O_2 = 10.9%	40	6:20			7	0	2	4	5	7	7	9	10	14	20	23	16	99	229:20
Min O_2 = 10.0%	60	6:20			7	2	5	6	7	9	11	14	16	19	23	23	16	99	263:20
	80	6:00		7	0	6	6	8	11	12	14	16	19	20	23	23	16	99	286:00
	100	6:00		7	2	7	8	11	13	13	16	17	19	20	23	23	16	99	300:00
	120	6:00		7	4	8	10	12	14	15	16	17	19	20	23	23	16	99	309:00
370	10	7:00				7	0	0	0	0	3	3	3	3	7	7	10	68	118:00
	20	6:40			7	0	0	0	3	4	4	5	5	8	10	13	12	94	171:40
	30	6:20		7	0	0	2	3	4	4	7	7	8	11	16	19	16	99	209:20
Max O_2 = 10.6%	40	6:20		7	0	0	4	4	5	6	8	10	11	14	20	23	16	99	233:20
Min O_2 = 10.0%	60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	16	99	268:20
	80	6:00	7	0	3	6	7	9	10	12	15	17	19	20	23	23	16	99	292:00
	100	6:00	7	0	6	7	9	10	14	15	16	17	19	20	23	23	16	99	307:00
	120	6:00	7	1	7	9	11	13	14	15	16	17	19	20	23	23	16	99	316:00
380	10	7:20				7	0	0	0	0	3	3	3	3	7	7	10	68	118:20
	20	7:00			7	0	0	0	3	4	4	5	5	8	10	13	12	94	172:00
	30	6:40		7	0	0	2	3	4	4	7	7	8	11	16	19	16	99	209:40
Max O_2 = 10.4%	40	6:40		7	0	0	4	4	5	6	8	10	11	14	20	23	16	99	233:40
Min O_2 = 10.0%	60	6:40		7	0	4	5	7	8	9	11	13	17	20	23	23	16	99	268:40
	80	6:20	7	0	3	6	7	9	10	12	15	17	19	20	23	23	16	99	292:20
	100	6:20	7	0	6	7	9	10	14	15	16	17	19	20	23	23	16	99	307:20
	120	6:20	7	1	7	9	11	13	14	15	16	17	19	20	23	23	16	99	316:20

* Does not include oxygen shiftover time.

Exceptional Exposure times are surrounded by the black box.