

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														
63	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		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
100	1:40	AIR										88	90:20	1.5	Z
		AIR/O ₂										31	33:20		
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							51	473	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															
33	3:00	AIR										0	3:00	0	J
		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									2	28	256	288:20	3.5
		AIR/O ₂									2	14	70	98:40	
130	1:40	AIR									5	28	291	326:20	3.5
		AIR/O ₂									5	14	79	110:40	
140	1:40	AIR									8	28	330	368:20	4
		AIR/O ₂									8	14	87	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	20	101	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	267:40	

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				
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	36:20		
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	53:00		
80	2:20	AIR									21	160	184:00	2.5	Z
		AIR/O ₂									11	45	64:00		
90	2:00	AIR							2	28	196	228:40	2.5		
		AIR/O ₂							2	14	53	82:00			
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	102:00			
110	2:00	AIR							14	28	278	322:40	3.5		
		AIR/O ₂							14	14	76	117:00			
120	2:00	AIR							19	28	324	373:40	4		
		AIR/O ₂							19	14	85	136:00			
Exceptional Exposure: SurDO ₂ -----															
150	1:40	AIR						3	26	46	461	538:20	5		
		AIR/O ₂						3	26	23	109	183:40			

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

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O 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									5	8:40	0.5	I	
		AIR/O ₂									3	6:40			
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									32	35:40			
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									14	42	64:20		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
80	2:20	AIR								9	28	200	240:00	2.5	
		AIR/O ₂								9	14	54	90:20		
90	2:20	AIR								18	28	249	298:00	3.5	
		AIR/O ₂								18	14	68	113:20		
100	2:20	AIR								25	28	295	351:00	3.5	
		AIR/O ₂								25	14	79	131:20		
110	2:00	AIR						5	26	28	353	414:40	4		
		AIR/O ₂						5	26	14	91	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	298:40			

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			
120 FSW														
15	4:00	AIR									0	4:00	0	F
		AIR/O ₂									0	4:00		
20	3:20	AIR									4	8:00	0.5	H
		AIR/O ₂									2	6:00		
25	3:20	AIR									9	13:00	0.5	J
		AIR/O ₂									5	9:00		
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	3:00	AIR								2	49	54:40	1	O
		AIR/O ₂								1	26	30:40		
45	3:00	AIR								3	71	77:40	1.5	Z
		AIR/O ₂								2	31	36:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
50	3:00	AIR								10	85	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							13	28	190	234:20	2.5	
		AIR/O ₂							13	14	51	86:40		
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	14	80	140:20		
100	2:20	AIR						15	25	28	372	443:00	4	
		AIR/O ₂						15	25	14	95	167:20		
Exceptional Exposure: SurDO ₂ -----														
110	2:20	AIR						21	25	38	433	520:00	5	
		AIR/O ₂						21	25	19	105	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															
12	4:20	AIR									0	4:20	0	F	
		AIR/O ₂									0	4:20			
15	3:40	AIR									3	7:20	0.5	G	
		AIR/O ₂									2	6:20			
20	3:40	AIR									8	12:20	0.5	I	
		AIR/O ₂									5	9:20			
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	3:20	AIR								2	32	38:00	1	M	
		AIR/O ₂								1	17	22:00			
35	3:20	AIR								5	44	53:00	1	O	
		AIR/O ₂								3	23	30:00			
40	3:20	AIR								6	66	76:00	1.5	Z	
		AIR/O ₂								3	30	37:00			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
45	3:00	AIR								1	11	84	99:40	1.5	Z
		AIR/O ₂								1	6	33	49:00		
50	3:00	AIR								2	20	118	143:40	2	Z
		AIR/O ₂								2	10	36	57:00		
55	3:00	AIR								4	28	146	181:40	2	Z
		AIR/O ₂								4	14	40	67:00		
60	3:00	AIR								12	28	170	213:40	2.5	Z
		AIR/O ₂								12	14	46	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	14	79	144:40	
90	2:40	AIR								22	25	28	375	453:20	4
		AIR/O ₂								22	25	14	95	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	24	27	57	534	662:00	6		
		AIR/O ₂				17	24	27	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	418:00			

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								
140 FSW																			
10	4:40	AIR										0	4:40	0	E				
		AIR/O ₂										0	4:40						
15	4:00	AIR										5	9:40	0.5	H				
		AIR/O ₂										3	7:40						
20	4:00	AIR										13	17:40	0.5	J				
		AIR/O ₂										7	11:40						
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																			
25	3:40	AIR										3	24	31:20	1	L			
		AIR/O ₂										2	12	18:20					
30	3:40	AIR										7	37	48:20	1	N			
		AIR/O ₂										4	19	27:20					
35	3:20	AIR										2	7	58	71:00	1.5	O		
		AIR/O ₂										2	4	26	36:20				
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																			
40	3:20	AIR										4	7	82	97:00	1.5	Z		
		AIR/O ₂										4	4	33	50:20				
45	3:20	AIR										5	18	114	141:00	2	Z		
		AIR/O ₂										5	9	36	59:20				
50	3:20	AIR										8	27	145	184:00	2	Z		
		AIR/O ₂										8	14	39	70:20				
55	3:00	AIR										1	15	29	171	219:40	2.5	Z	
		AIR/O ₂										1	15	15	45	85:00			
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	14	56	109:00			
70	3:00	AIR										14	25	29	276	347:40	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															
8	5:00	AIR									0	5:00	0	E	
		AIR/O ₂									0	5:00			
10	4:20	AIR									2	7:00	0.5	F	
		AIR/O ₂									1	6:00			
15	4:20	AIR									8	13:00	0.5	H	
		AIR/O ₂									5	10:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
20	4:00	AIR									2	15	21:40	0.5	K
		AIR/O ₂									1	8	13:40		
25	4:00	AIR									7	29	40:40	1	M
		AIR/O ₂									4	14	22:40		
30	3:40	AIR								4	7	45	60:20	1.5	O
		AIR/O ₂								4	4	22	34:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
35	3:40	AIR								6	7	74	91:20	1.5	Z
		AIR/O ₂								6	4	30	44:40		
40	3:20	AIR						2	6	14	106	132:00	2	Z	
		AIR/O ₂						2	6	7	35	59:20			
45	3:20	AIR						3	8	24	142	181:00	2	Z	
		AIR/O ₂						3	8	12	40	72:20			
50	3:20	AIR						4	14	28	170	220:00	2.5	Z	
		AIR/O ₂						4	14	14	46	87:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
55	3:20	AIR						7	21	28	212	272:00	3		
		AIR/O ₂						7	21	14	57	113:20			
60	3:20	AIR						11	26	28	248	317:00	3		
		AIR/O ₂						11	26	14	67	132:20			
70	3:00	AIR					3	24	25	28	330	413:40	4		
		AIR/O ₂					3	24	25	14	85	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	356:20			
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	538:00			

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				
160 FSW															
7	5:20	AIR									0	5:20	0	E	
		AIR/O ₂									0	5:20			
10	4:40	AIR									4	9:20	0.5	F	
		AIR/O ₂									2	7:20			
15	4:20	AIR								2	10	17:00	0.5	I	
		AIR/O ₂								1	6	12:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
20	4:00	AIR								1	4	19	28:40	0.5	L
		AIR/O ₂								1	2	10	18:00		
25	4:00	AIR								4	7	35	50:40	1	N
		AIR/O ₂								4	4	17	30:00		
30	3:40	AIR						2	6	7	62	81:20	1.5	Z	
		AIR/O ₂						2	6	4	26	42:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
35	3:40	AIR						4	6	8	89	111:20	1.5	Z	
		AIR/O ₂						4	6	4	34	57:40			
40	3:40	AIR						6	6	21	134	171:20	2	Z	
		AIR/O ₂						6	6	11	38	70:40			
45	3:20	AIR				2	5	11	28	166	216:00	2.5	Z		
		AIR/O ₂				2	5	11	14	45	86:20				
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
50	3:20	AIR				2	8	19	28	207	268:00	3			
		AIR/O ₂				2	8	19	15	55	113:20				
55	3:20	AIR				3	11	26	28	248	320:00	3			
		AIR/O ₂				3	11	26	14	67	135:20				
60	3:20	AIR				6	17	25	29	291	372:00	3.5			
		AIR/O ₂				6	17	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														
6	5:40	AIR									0	5:40	0	D
		AIR/O ₂									0	5:40		
10	5:00	AIR									6	11:40	0.5	G
		AIR/O ₂									3	8:40		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
15	4:40	AIR								3	13	21:20	0.5	J
		AIR/O ₂								2	6	13:20		
20	4:20	AIR							3	6	24	38:00	1	M
		AIR/O ₂							3	3	12	23:20		
25	4:00	AIR						1	7	7	41	60:40	1	O
		AIR/O ₂						1	7	4	20	37:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
30	4:00	AIR						5	7	7	77	100:40	1.5	Z
		AIR/O ₂						5	7	3	30	50:00		
35	3:40	AIR				2	6	6	15	120	153:20	2	Z	
		AIR/O ₂				2	6	6	8	37	68:40			
40	3:40	AIR				4	6	9	25	158	206:20	2.5	Z	
		AIR/O ₂				4	6	9	12	44	84:40			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
45	3:40	AIR				5	7	16	28	197	257:20	2.5	Z	
		AIR/O ₂				5	7	16	14	53	109:40			
50	3:20	AIR			1	5	11	23	28	244	316:00	3		
		AIR/O ₂			1	5	11	23	14	66	134:20			
55	3:20	AIR			2	7	16	26	28	289	372:00	3.5		
		AIR/O ₂			2	7	16	26	14	77	156:20			
60	3:20	AIR			2	11	21	26	28	344	436:00	4		
		AIR/O ₂			2	11	21	26	14	88	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		8	19	22	23	37	66	574	752:40	7		
		AIR/O ₂		8	19	22	23	37	33	148	319:00			
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	454:40			
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	74	229	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															
6	6:00	AIR									0	6:00	0	E	
		AIR/O ₂									0	6:00			
10	5:20	AIR									8	14:00	0.5	G	
		AIR/O ₂									4	10:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
15	4:40	AIR								2	3	14	24:20	0.5	K
		AIR/O ₂								2	2	7	16:40		
20	4:20	AIR						1	5	7	29	47:00	1	M	
		AIR/O ₂						1	5	3	15	29:20			
25	4:20	AIR						5	6	7	57	80:00	1.5	O	
		AIR/O ₂						5	6	4	24	44:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
30	4:00	AIR					3	6	6	7	95	121:40	1.5	Z	
		AIR/O ₂					3	6	6	4	34	63:00			
35	3:40	AIR				1	5	6	6	22	144	188:20	2	Z	
		AIR/O ₂				1	5	6	6	11	41	79:40			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
40	3:40	AIR				2	6	5	13	28	178	236:20	2.5		
		AIR/O ₂				2	6	5	13	14	48	97:40			
45	3:40	AIR				4	5	10	20	28	235	306:20	3		
		AIR/O ₂				4	5	10	20	14	63	130:40			
50	3:40	AIR				4	8	13	25	29	277	360:20	3.5		
		AIR/O ₂				4	8	13	25	15	75	154:40			
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	3:20	AIR			1	8	13	23	25	31	406	511:00	4.5		
		AIR/O ₂			1	8	13	23	25	16	100	205:20			
70	3:20	AIR			4	12	21	24	25	48	499	637:00	5.5		
		AIR/O ₂			4	12	21	24	25	24	119	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	5:20	AIR									2	8	16:00	0.5	H
		AIR/O ₂								1	4	11:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
15	4:40	AIR						1	3	3	16	28:20	0.5	K	
		AIR/O ₂						1	3	2	8	19:40			
20	4:20	AIR					1	2	6	7	34	55:00	1	N	
		AIR/O ₂					1	2	6	4	17	35:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
25	4:20	AIR					2	6	7	7	72	99:00	1.5	Z	
		AIR/O ₂					2	6	7	3	28	51:20			
30	4:00	AIR				1	6	5	7	13	122	158:40	2	Z	
		AIR/O ₂				1	6	5	7	7	38	74:00			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
35	4:00	AIR				4	5	6	8	26	165	218:40	2.5	Z	
		AIR/O ₂				4	5	6	8	13	45	91:00			
40	3:40	AIR			1	5	5	8	17	28	217	285:20	3		
		AIR/O ₂			1	5	5	8	17	15	58	123:40			
45	3:40	AIR			2	5	6	12	24	29	264	346:20	3.5		
		AIR/O ₂			2	5	6	12	24	15	71	149:40			
50	3:40	AIR			3	5	10	17	26	28	324	417:20	4		
		AIR/O ₂			3	5	10	17	26	14	85	179:40			
Exceptional Exposure: SurDO2 -----															
55	3:40	AIR			4	8	10	24	25	30	397	502:20	4.5		
		AIR/O ₂			4	8	10	24	25	15	99	204:40			
60	3:40	AIR			5	10	16	24	25	40	454	578:20	5		
		AIR/O ₂			5	10	16	24	25	20	109	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	41	178	408:20			
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	551:00			

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			
200 FSW														
Exceptional Exposure -----														
5	6:40	AIR									0	6:40	0	E
		AIR/O ₂									0	6:40		
10	5:40	AIR								3	8	17:20	0.5	H
		AIR/O ₂								2	4	12:20		
15	5:00	AIR						2	3	5	19	34:40	0.5	L
		AIR/O ₂						2	3	3	9	23:00		
20	4:40	AIR					2	4	6	7	43	67:20	1	O
		AIR/O ₂					2	4	6	4	20	41:40		
25	4:20	AIR				1	5	6	6	7	85	115:00	1.5	Z
		AIR/O ₂				1	5	6	6	4	32	64:20		
30	4:20	AIR				4	6	5	7	19	145	191:00	2	Z
		AIR/O ₂				4	6	5	7	10	42	84:20		
35	4:00	AIR			2	5	5	6	13	28	188	251:40	2.5	
		AIR/O ₂			2	5	5	6	13	14	51	106:00		
40	4:00	AIR			4	5	5	11	21	28	249	327:40	3.5	
		AIR/O ₂			4	5	5	11	21	14	68	143:00		
45	3:40	AIR		1	4	5	10	14	25	28	306	397:20	3.5	
		AIR/O ₂		1	4	5	10	14	25	14	81	168:40		
50	3:40	AIR		2	4	8	10	21	26	28	382	485:20	4.5	
		AIR/O ₂		2	4	8	10	21	26	14	97	201:40		

210 FSW

Exceptional Exposure -----															
4	7:00	AIR									0	7:00	0	D	
		AIR/O ₂									0	7:00			
5	6:20	AIR									2	9:00	0.5	E	
		AIR/O ₂									1	8:00			
10	5:40	AIR						2	3	9	20:20		0.5	I	
		AIR/O ₂						2	2	4	14:40				
15	5:00	AIR					1	3	3	6	24	42:40	1	M	
		AIR/O ₂					1	3	3	3	12	28:00			
20	4:40	AIR				1	3	5	6	7	57	84:20	1	O	
		AIR/O ₂				1	3	5	6	4	23	47:40			
25	4:40	AIR				3	6	5	7	8	110	144:20	2	Z	
		AIR/O ₂				3	6	5	7	4	38	73:40			
30	4:20	AIR			2	5	6	6	6	6	26	163	219:00	2.5	Z
		AIR/O ₂			2	5	6	6	6	13	45	93:20			
35	4:00	AIR		1	4	5	6	7	18	28	223	296:40	3		
		AIR/O ₂		1	4	5	6	7	18	14	60	130:00			
40	4:00	AIR		2	5	5	7	11	26	28	278	366:40	3.5		
		AIR/O ₂		2	5	5	7	11	26	14	76	161:00			
45	4:00	AIR		4	4	6	11	18	26	28	355	456:40	4		
		AIR/O ₂		4	4	6	11	18	26	14	91	194:00			
50	3:40	AIR	1	4	5	10	12	23	26	36	432	553:20	5		
		AIR/O ₂	1	4	5	10	12	23	26	18	105	223:40			

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	
			130	120	110	100	90	80	70	60	50	40	30				20
220 FSW																	
Exceptional Exposure -----																	
4	7:20	AIR												0	7:20	0	E
		AIR/O ₂												0	7:20		
5	6:40	AIR												3	10:20	0.5	E
		AIR/O ₂												2	9:20		
10	6:00	AIR										3	4	10	23:40	0.5	J
		AIR/O ₂										3	2	5	17:00		
15	5:20	AIR								3	2	4	7	28	50:00	1	N
		AIR/O ₂								3	2	4	4	14	33:20		
20	5:00	AIR							2	4	6	6	7	70	100:40	1.5	Z
		AIR/O ₂							2	4	6	6	4	26	54:00		
25	4:40	AIR						1	5	6	6	6	14	133	176:20	2	Z
		AIR/O ₂						1	5	6	6	6	7	41	82:40		
30	4:20	AIR					1	4	5	6	6	10	28	183	248:00	2.5	
		AIR/O ₂					1	4	5	6	6	10	14	50	106:20		
35	4:20	AIR					3	5	5	5	10	22	28	251	334:00	3.5	
		AIR/O ₂					3	5	5	5	10	22	14	68	147:20		
40	4:00	AIR				1	4	5	5	9	15	26	28	319	416:40	4	
		AIR/O ₂				1	4	5	5	9	15	26	14	84	183:00		
250 FSW																	
Exceptional Exposure -----																	
4	7:40	AIR												4	12:20	0.5	F
		AIR/O ₂												2	10:20		
5	7:40	AIR												7	15:20	0.5	G
		AIR/O ₂												4	12:20		
10	6:20	AIR							2	2	4	3	15	33:00	0.5	L	
		AIR/O ₂							2	2	4	2	7	24:20			
15	5:40	AIR					2	2	3	4	6	7	53	83:20	1	O	
		AIR/O ₂					2	2	3	4	6	4	22	49:40			
20	5:20	AIR				2	2	4	6	6	6	11	125	168:00	2	Z	
		AIR/O ₂				2	2	4	6	6	6	6	39	82:20			
25	5:00	AIR			1	4	4	5	6	6	10	28	189	258:40	2.5		
		AIR/O ₂			1	4	4	5	6	6	10	14	51	112:00			
30	4:40	AIR		1	4	4	4	5	6	9	25	28	267	358:20	3.5		
		AIR/O ₂		1	4	4	4	5	6	9	25	15	72	160:40			
35	4:40	AIR		3	4	4	5	5	10	19	26	28	363	472:20	4		
		AIR/O ₂		3	4	4	5	5	10	19	26	14	93	203:40			

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
			130	120	110	100	90	80	70	60	50	40	30	20			

300 FSW

Exceptional Exposure																	
4	9:00	AIR											3	7	19:40	0.5	G
		AIR/O ₂											2	4	15:40		
5	8:40	AIR											3	3	8	0.5	I
		AIR/O ₂											3	2	4		
10	7:20	AIR						2	3	2	3	4	7	35	64:00	1	N
		AIR/O ₂						2	3	2	3	4	4	18	44:20		
15	6:20	AIR			1	2	2	3	3	5	6	7	11	125	172:00	2	Z
		AIR/O ₂			1	2	2	3	3	5	6	7	6	39	86:20		
20	6:00	AIR		2	2	2	4	5	5	5	6	16	28	219	300:40	3	
		AIR/O ₂		2	2	2	4	5	5	5	6	16	14	59	137:00		
25	5:40	AIR	1	3	4	4	4	5	5	5	18	26	28	324	433:20	4	
		AIR/O ₂	1	3	4	4	4	5	5	5	18	26	14	85	195:40		