MOD Reference Table for Recreational Nitrox

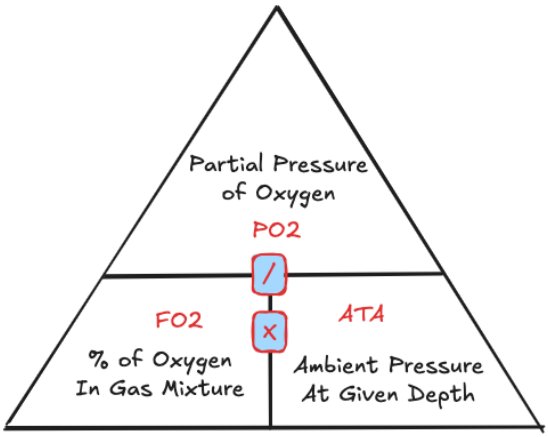
(PO_2 = 1.4 ATA · Salt Water · 33 ft/ATA)

This chart shows the Maximum Operating Depth (MOD) for common Nitrox blends at a PO_2 of 1.4 ATA. Values are **rounded down to the nearest 5 feet** for planning safety and consistency.

MOD Table (PO_2 = 1.4 ATA)

FO_2 (%)	MOD (ft)
21	185
22	175
23	165
24	160
25	150
26	145
27	135
28	130
29	125
30	120
31	115
32	110
33	105
34	100
35	95
36	95
37	90
38	85
39	85
40	80

Dalton's Triangle



Useful Formulas

- $PO_2 = FO_2 \times ATA$
- $ATA = (Depth \div 33) + 1$
- $MOD = ((PO_2 \div FO_2) - 1) \times 33$
- $FO_2 = PO_2 \div ATA$

Planning Tips

- Never exceed your MOD—plan to stay shallower.
- PO_2 of 1.4 ATA is the recreational working limit.
- Always analyze and label your tanks before each dive.