



# 2018-19 BOYS AND GIRLS SWIMMING Required Dives

<u>Week</u>	<u>Date</u>	<u>Required Voluntary Dive</u>
19	Nov. 5 - 10	Forward Group
20	Nov. 12 - 17	Back Group
21	Nov. 19 - 24	Inward Group
22	Nov. 26 - Dec. 1	Twisting Group
23	Dec. 3 - 8	Reverse Group
24	Dec. 10 - 15	Forward Group
25	Dec. 17 - 22	Back Group
26	Dec. 24 - 29	Inward Group
27	Dec. 31 - Jan. 5	Twisting Group
28	Jan. 7 - 12	Reverse Group
29	Jan. 14 - 19	Forward Group
30	Jan. 21 - 26	Back Group
31	Jan. 28 - Feb. 2	Inward Group
32	Feb. 4 - 9	Twisting Group

Note: For interstate competition, the voluntary dive group of the week shall follow the schedule of the host school's state association.