

2024-25

Boys & Girls Swimming & Diving

Required Dives Schedule



<u>Week</u>	<u>Date</u>	<u>Required Voluntary Dive</u>
19	Nov. 11-16	Forward Group
20	Nov. 18-23	Back Group
21	Nov. 25-30	Inward Group
22	Dec. 2-7	Twisting Group
23	Dec. 9-14	Reverse Group
24	Dec. 16-21	Forward Group
25	Dec. 23-28	Back Group
26	Dec. 30-Jan. 4	Inward Group
27	Jan. 6-11	Twisting Group
28	Jan. 13-18	Reverse Group
29	Jan. 20-25	Forward Group
30	Jan. 27-Feb. 1	Back Group
31	Feb. 3-8	Inward Group
32	Feb. 10-15	Twisting Group

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