



## **BOYS AND GIRLS SWIMMING 2011-12 Required Dives**

<u>Week</u>	<u>Date</u>	<u>Required Dive</u>
19	Nov. 7 - 12	forward group
20	Nov. 14 - 19	back group
21	Nov. 21 - 26	inward group
22	Nov. 28 - Dec. 3	twisting group
23	Dec. 6 - 10	reverse group
24	Dec. 12 - 17	forward group
25	Dec. 19 - 24	back group
26	Dec. 26 - 31	inward group
27	Jan. 2 - Jan. 7	twisting group
28	Jan. 9 - 14	reverse group
29	Jan. 16 - 21	forward group
30	Jan. 23 - 28	back group
31	Jan. 30 - Feb. 4	inward
32	Feb. 6 -11	twisting

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