

**BOYS AND GIRLS SWIMMING**  
**2006-07 Required Dives**

<u>Week</u>	<u>Date</u>	<u>Required Dive</u>
19	Nov. 6 - 11	forward group
20	Nov. 13 - 18	back group
21	Nov. 20 – 25	inward group
22	Nov. 27 – Dec 2	twisting group
23	Dec. 4 - 9	reverse group
24	Dec. 11 - 16	forward group
25	Dec. 18 – 23	back group
26	Dec. 25 – 30	inward group
27	Jan. 1 - 6	twisting group
28	Jan. 8 - 13	reverse group
29	Jan. 15 – 20	forward group
30	Jan. 22 – 27	back group
31	Jan. 29 – Feb. 3	inward
32	Feb. 5 - 10	twisting

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