



2021-22

BOYS AND GIRLS SWIMMING

Required Dives

<u>Week</u>	<u>Date</u>	<u>Required Voluntary Dive</u>
19	Nov. 8-13	Forward Group
20	Nov. 15-20	Back Group
21	Nov. 22-27	Inward Group
22	Nov. 29- Dec. 4	Twisting Group
23	Dec. 6-11	Reverse Group
24	Dec. 13-18	Forward Group
25	Dec. 20-25	Back Group
26	Dec. 27-Jan. 1	Inward Group
27	Jan. 3-8	Twisting Group
28	Jan. 10-15	Reverse Group
29	Jan. 17-22	Forward Group
30	Jan. 24-29	Back Group
31	Jan. 31-Feb. 5	Inward Group
32	Feb. 7-12	Twisting Group

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