

2025-26

Boys & Girls Swimming & Diving

Required Dives Schedule



<u>Week</u>	<u>Date</u>	<u>Required Voluntary Dive</u>
19	Nov. 10-15	Forward Group
20	Nov. 17-22	Back Group
21	Nov. 24-29	Inward Group
22	Dec. 1-6	Twisting Group
23	Dec. 8-13	Reverse Group
24	Dec. 15-20	Forward Group
25	Dec. 22-27	Back Group
26	Dec. 29-Jan. 3	Inward Group
27	Jan. 5-10	Twisting Group
28	Jan. 12-17	Reverse Group
29	Jan. 19-24	Forward Group
30	Jan. 26-31	Back Group
31	Feb. 2-7	Inward Group
32	Feb. 9-14	Twisting Group

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