



2020-21 BOYS AND GIRLS SWIMMING Required Dives

<u>Week</u>	<u>Date</u>	<u>Required Voluntary Dive</u>
19	Nov. 9-14	Forward Group
20	Nov. 16-21	Back Group
21	Nov. 23-28	Inward Group
22	Nov. 30- Dec. 5	Twisting Group
23	Dec. 7-12	Reverse Group
24	Dec. 14-19	Forward Group
25	Dec. 21-26	Back Group
26	Dec. 28-Jan. 2	Inward Group
27	Jan. 4-9	Twisting Group
28	Jan. 11-16	Reverse Group
29	Jan. 18-23	Forward Group
30	Jan. 25-30	Back Group
31	Feb. 1-6	Inward Group
32	Feb. 8-13	Twisting Group

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