

2017-2018

OCIAA Girl's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1 September 4 Group 100 Forward

Week # 2 September 11 Group 200 Back

Week # 3 September 18 Group 400 Inward

Week # 4 September 25 Group 5000 Twist

Week # 5 October 2 Group 300 Reverse

Week # 6 October 9 Group 100 Forward

Week # 7 October 16 Group 200 Back

Week # 8 October 23 Group 400 Inward

Week # 9 October 30 Group 5000 Twist

Week # 10 November 6 Group 300 Reverse

Any rescheduled meets always revert back to the dive group that corresponds to the original meet date.

Any meets conducted prior to the first date listed use the 100 group