

2016-2017

OCIAA Boys Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1 December 5	Group 100 Forward
Week # 2 December 12	Group 200 Back
Week # 3 December 19	Group 400 Inward
Week # 4 January 2	Group 5000 Twist
Week # 5 January 9	Group 300 Reverse
Week # 6 January 16	Group 100 Forward
Week # 7 January 23	Group 200 Back
Week # 8 January 30	Group 400 Inward
Week # 9 February 7	Group 5000 Twist

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