

## **Fall Season 2018**

**(First practice on 8/23 – First meet on 9/2)**

Sept. 2 – Sept. 15: Forward Group (100's)

Sept. 16 – Sept. 22: Back Group (200's)

Sept. 23 – Sept. 29: Inward Group (400's)

Sept. 30 – Oct. 6: Twist Group (5000's)

Oct. 7 – Oct. 13: Reverse Group (300's)

Oct. 14 – Oct. 20: Forward Group (100's)

Oct. 21– Oct. 27: Back Group (200's)

Oct. 28 – Nov. 3: Inward Group (400's)

Nov. 4 – Nov. 10: Twist Group (5000's)

Nov 11 – Nov 17: Reverse Group (300's)

## **Winter Season 2018 – 2019**

**(First practice on 11/26 – First meet on 12/6)**

Dec. 6 – Dec. 15: Forward Group (100's)

Dec. 16 – Dec. 22: Back Group (200's)

Dec. 23 – Dec. 29: Inward Group (400's)

Dec. 30 – Jan. 5: Twist Group (5000's)

Jan. 6 – Jan 12: Reverse Group (300's)

Jan. 13 – Jan. 19: Forward Group (100's)

Jan. 20 – Jan. 26: Back Group (200's)

Jan 27 – Feb. 2: Inward Group (400's)

Feb. 3 – Feb. 9: Twist Group (5000's)

Feb 10 – Feb 16: Reverse Group (300's)

### **NOTE:** *Voluntary Dive*

*In the event of a postponed meet, the voluntary dive **will correspond to the week that the meet is actually held**, not when the meet was initially scheduled*

### **NOTE:** *League/Conference Championship Meets*

*Most leagues will designate forward as the required dive for their championship meet. Be sure to check with the head of your league/conference to be sure you have the correct dive at this meet prior to showing up with your divers.*