



2023-24 DIVING WEEKS - BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Nov. 27 – Dec. 2) = Forward Group
Week 2 (Dec. 4-9) = Back Group
Week 3 (Dec. 11-16) = Inward Group
Week 4 (Dec. 18-30) = Twisting Group
Week 5 (Jan. 1-6) = Reverse Group

Week 6 (Jan. 8-13) = Forward Group
Week 7 (Jan. 15-20) = Back Group
Week 8 (Jan. 22-27) = Inward Group
Week 9 (Jan. 29 – Feb. 3) = Twisting Group
Week 10 (Feb. 5-10) = Reverse Group



2024 DIVING WEEKS - GIRLS

(Reference NFHS Rule 9-4-6)

Week 1 (March 11-16) = Forward Group
Week 2 (March 18-23) = Back Group
Week 3 (March 25-30) = Inward Group
Week 4 (April 1-6) = Twisting Group
Week 5 (April 8-13) = Reverse Group

Week 6 (April 15-20) = Forward Group
Week 7 (April 22-27) = Back Group
Week 8 (April 29 - May 4) = Inward Group
Week 9 (May 6-11) = Twisting Group
Week 10 (May 13-18) = Reverse Group