

2019-20 DIVING WEEKS - BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Dec. 2-7) = Forward Group
Week 2 (Dec. 9-14) = Back Group
Week 3 (Dec. 16-21) = Inward Group
Week 4 (Dec. 23 - Jan. 4) = Twisting Group
Week 5 (Jan. 6-11) = Reverse Group, Etc.

Week 6 (Jan. 13-18) = Forward Group
Week 7 (Jan. 20-25) = Back Group
Week 8 (Jan. 27 - Feb. 1) = Inward Group
Week 9 (Feb. 3-8) = Twisting Group
Week 10 (Feb. 10-15) = Reverse Group, Etc.

2020 DIVING WEEKS - GIRLS

(Reference NFHS Rule 9-4-6)

Week 1 (March 16-21) = Forward Group
Week 2 (March 23-28) = Back Group
Week 3 (March 30 - April 4) = Inward Group
Week 4 (April 6-11) = Twisting Group
Week 5 (April 13-18) = Reverse Group, Etc.

Week 6 (April 20-25) = Forward Group
Week 7 (April 27 - May 2) = Back Group
Week 8 (May 4-9) = Inward Group
Week 9 (May 11-16) = Twisting Group
Week 10 (May 18-23) = Reverse Group, Etc.