

2018  
NYSPHSAA Girls Swimming and Diving  
Voluntary Dive Schedule

Start of Season – September 15	100 – Forward
September 16 - September 22	200 – Back
September 23 - September 29	400 – Inward
September 30 - October 6	5000 – Twist
October 7 – October 13	300 – Reverse
October 14 – October 20	100 – Forward
October 21 – October 27	200 – Back
October 28 – November 3	400 – Inward

- ✓ If a school is competing outside of New York or is hosting a team outside of New York, coaches of both teams MUST agree on a voluntary dive 24 hours before the meet is contested.
- ✓ Meets rescheduled due to weather or some other unforeseen reason will use the dive from the original scheduled date.
- ✓ Divers may use any dive from the scheduled group as their voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.

Approved 3/10/18: Girls Swimming and Diving Committee