



New York State Public
High School Athletic Association

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STATE SPORT COORDINATOR BOYS SWIMMING & DIVING

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Dive of Week

Week	Dive Group
Nov 25 - Dec 1	100 (Front)
Dec 2 - Dec 8	100 (Front)
Dec 9 – Dec 15	200 (Back)
Dec 16 – Dec 22	400 (Inward)
Dec 23 – Dec 29	5000 (Twist)
Dec 30 – Jan 5	5000 (Twist)
Jan 6 – Jan 12	300 (Reverse)
Jan 13 – Jan 19	100 (Front)
Jan 20 – Jan 26	200 (Back)
Jan 27 – Feb 2	400 (Inward)
Feb 3 – Feb 9	5000 (Twist)
Feb 10 – Feb 16	300 (Reverse)