



New York State Public
High School Athletic Association

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STATE SPORT COORDINATOR BOYS SWIMMING & DIVING

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2019-2020

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) |