

2020

NYSPPHSAA Girls Swimming and Diving

Voluntary Dive Schedule

Start of Season – October 10	100 – Forward
October 11 – October 17	200 – Back
October 18 – October 24	400 – Inward
October 25 – October 31	5000 – Twist
November 1 – November 7	300 – Reverse

- ✓ 2020 ONLY – Leagues may determine their own schedule for meets within their own league. Teams may use ANY voluntary dive, coaches of both teams MUST agree on a voluntary dive 24 hours before the meet is contested.
- ✓ 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.