



2020-21 DIVING WEEKS - BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Nov. 30 – Dec. 5) = Forward Group
Week 2 (Dec. 7-12) = Back Group
Week 3 (Dec. 14-19) = Inward Group
Week 4 (Dec. 21 – Jan. 2) = Twisting Group
Week 5 (Jan. 4-9) = Reverse Group

Week 6 (Jan. 11-16) = Forward Group
Week 7 (Jan. 18-23) = Back Group
Week 8 (Jan. 25-30) = Inward Group
Week 9 (Feb. 1-6) = Twisting Group
Week 10 (Feb. 8-13) = Reverse Group



2021 DIVING WEEKS - GIRLS

(Reference NFHS Rule 9-4-6)

Week 1 (March 15-20) = Forward Group
Week 2 (March 22-27) = Back Group
Week 3 (March 29 – April 3) = Inward Group
Week 4 (April 5-10) = Twisting Group
Week 5 (April 12-17) = Reverse Group

Week 6 (April 19-24) = Forward Group
Week 7 (April 26 – May 1) = Back Group
Week 8 (May 3-8) = Inward Group
Week 9 (May 10-15) = Twisting Group
Week 10 (May 17-22) = Reverse Group