



2021-22 DIVING WEEKS - BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Nov. 29 – Dec. 4) = Forward Group
Week 2 (Dec. 6-11) = Back Group
Week 3 (Dec. 13-18) = Inward Group
Week 4 (Dec. 20 – Jan. 1) = Twisting Group
Week 5 (Jan. 3-8) = Reverse Group

Week 6 (Jan. 10-15) = Forward Group
Week 7 (Jan. 17-22) = Back Group
Week 8 (Jan. 24-29) = Inward Group
Week 9 (Jan. 31 – Feb. 5) = Twisting Group
Week 10 (Feb. 7-12) = Reverse Group



2022 DIVING WEEKS - GIRLS

(Reference NFHS Rule 9-4-6)

Week 1 (March 14-19) = Forward Group
Week 2 (March 21-26) = Back Group
Week 3 (March 28 – April 2) = Inward Group
Week 4 (April 4-9) = Twisting Group
Week 5 (April 11-16) = Reverse Group

Week 6 (April 18-23) = Forward Group
Week 7 (April 25-30) = Back Group
Week 8 (May 2-7) = Inward Group
Week 9 (May 9-14) = Twisting Group
Week 10 (May 16-21) = Reverse Group