



## **2025-26 KSHSAA DIVING WEEKS - BOYS**

(Reference NFHS Rule 9-4-3)

Week 1 (Dec. 1-6) = Forward Group  
Week 2 (Dec. 8-13) = Back Group  
Week 3 (Dec. 15-20) = Inward Group  
Week 4 (Dec. 22 – Jan. 3) = Twisting Group  
Week 5 (Jan. 5-10) = Reverse Group

Week 6 (Jan. 12-17) = Forward Group  
Week 7 (Jan. 19-24) = Back Group  
Week 8 (Jan. 26-31) = Inward Group  
Week 9 (Feb. 2-7) = Twisting Group  
Week 10 (Feb. 9-14) = Reverse Group



## **2026 KSHSAA DIVING WEEKS - GIRLS**

(Reference NFHS Rule 9-4-3)

Week 1 (March 16-21) = Forward Group  
Week 2 (March 23-28) = Back Group  
Week 3 (March 30 – April 4) = Inward Group  
Week 4 (April 6-11) = Twisting Group  
Week 5 (April 13-18) = Reverse Group

Week 6 (April 20-25) = Forward Group  
Week 7 (April 27 – May 2) = Back Group  
Week 8 (May 4-9) = Inward Group  
Week 9 (May 11-16) = Twisting Group  
Week 10 (May 18-23) = Reverse Group