



2024-25 DIVING WEEKS - BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Dec. 2-7) = Forward Group
Week 2 (Dec. 9-14) = Back Group
Week 3 (Dec. 16-21) = Inward Group
Week 4 (Dec. 23 - Jan. 4) = Twisting Group
Week 5 (Jan. 6-11) = Reverse Group

Week 6 (Jan. 13-18) = Forward Group
Week 7 (Jan. 20-25) = Back Group
Week 8 (Jan. 27 - Feb. 1) = Inward Group
Week 9 (Feb. 3-8) = Twisting Group
Week 10 (Feb. 10-15) = Reverse Group



2025 DIVING WEEKS - GIRLS

(Reference NFHS Rule 9-4-6)

Week 1 (March 17-22) = Forward Group
Week 2 (March 24-29) = Back Group
Week 3 (March 31 - April 5) = Inward Group
Week 4 (April 7-12) = Twisting Group
Week 5 (April 14-19) = Reverse Group

Week 6 (April 21-26) = Forward Group
Week 7 (April 28 - May 3) = Back Group
Week 8 (May 5-10) = Inward Group
Week 9 (May 12-17) = Twisting Group
Week 10 (May 19-24) = Reverse Group