

2009

OCIAA Girl's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1	September 1 – September 6	Group 100	Forward
Week # 2	September 7 – September 13	Group 200	Back
Week # 3	September 14 – September 20	Group 400	Inward
Week # 4	September 21 – September 27	Group 5000	Twist
Week # 5	September 28 – October 4	Group 300	Reverse
Week # 6	October 5 – October 11	Group 100	Forward
Week # 7	October 12 – October 18	Group 200	Back
Week # 8	October 19 – October 25	Group 400	Inward
Week # 9	October 26 – November 1	Group 5000	Twist
Week # 10	November 2 – November 8	Group 300	Reverse

Any rescheduled meets always revert back to the dive group that corresponds to the original meet date.