

# 2016-17

## OCIAA Girl's Swimming & Diving

### **~WEEKLY REQUIRED DIVE LIST~**

Week # 1 September 5	Group 100 Forward
Week # 2 September 12	Group 200 Back
Week # 3 September 19	Group 400 Inward
Week # 4 September 26	Group 5000 Twist
Week # 5 October 3	Group 300 Reverse
Week # 6 October 10	Group 100 Forward
Week # 7 October 17	Group 200 Back
Week # 8 October 24	Group 400 Inward
Week # 9 October 31	Group 5000 Twist

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

Any meets conducted prior to the first date listed use the 100 group