

# 2015-2016

## OCIAA Boys Swimming & Diving

### ~WEEKLY REQUIRED DIVE LIST~

Week # 1 November 30– December 5	Group 100 Forward
Week # 2 December 7 – December 12	Group 200 Back
Week # 3 December 14 – December 19	Group 400 Inward
Week # 4 January 4 – January 9	Group 5000 Twist
Week # 5 January 11 – January 16	Group 300 Reverse
Week # 6 January 18 –January 23	Group 100 Forward
Week # 7 January 25 – January 30	Group 200 Back
Week # 8 February 1 – February 6	Group 400 Inward
Week # 9 February 8 - February 13	Group 5000 Twist
Week # 10 February 15 - February 20	Group 300 Reverse

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