

2009-2010

OCIAA Boy's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1	Nov. 30 – Dec. 6	Group 100	Forward
Week # 2	Dec. 7 – Dec. 13	Group 200	Back
Week # 3	Dec. 14 – Dec. 20	Group 400	Inward
Week # 4	Jan. 4 - Jan. 10	Group 5000	Twist
Week # 5	Jan. 11 – Jan. 17	Group 300	Reverse
Week # 6	Jan. 18 – Jan. 24	Group 100	Forward
Week # 7	Jan. 25 – Jan. 31	Group 200	Back
Week # 8	Feb. 1 – Feb. 7	Group 400	Inward
Week # 9	Feb. 8 – Feb. 14	Group 5000	Twist
Week # 10	Feb. 15 – Feb. 21	Group 300	Reverse

Note - Any rescheduled meet always reverts back to the dive group that corresponds to the original meet date.