

2010-2011

OCIAA Boy's Swimming & Diving

~WEEKLY REQUIRED DIVE LIST~

Week # 1	Dec. 6 – Dec. 12	Group 100	Forward
Week # 2	Dec. 13 – Dec. 19	Group 200	Back
Week # 3	Dec. 20 – Dec. 26	Group 400	Inward
Week # 4	Jan. 3 - Jan. 9	Group 5000	Twist
Week # 5	Jan. 10 – Jan. 16	Group 300	Reverse
Week # 6	Jan. 17 – Jan. 23	Group 100	Forward
Week # 7	Jan. 24 – Jan. 30	Group 200	Back
Week # 8	Jan. 31 – Feb. 6	Group 400	Inward
Week # 9	Feb. 7 – Feb. 13	Group 5000	Twist
Week # 10	Feb. 14 – Feb. 20	Group 300	Reverse

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