

Swimming Officials Association of NJ

2011-2012

Official Required Dive Schedule

<u>Week</u>	<u>Required Dive Group</u>
Dec. 1 – 3	100 Forward
4 – 10	200 Backward
11 – 17	<u>400 Inward</u>
18 – 24	5000 Twist
25– 31	<u>300 Reverse</u>
1 – 7	100 Forward
8 – 14	200 Backward
15 – 21	<u>400 Inward</u>
22 – 28	5000 Twist
29 – Feb. 4	<u>300 Reverse</u>
5 – 11	100 Forward
12 – 18	200 Backward
19 – 25	<u>400 Inward</u>

Note: In case of a rescheduled meet, the required dive conforms to the new date's required dive.