

Swimming Officials Association of NJ

2009-2010

Official Required Dive Schedule

| <u>Week</u> | <u>Required Dive Group</u> |
|-------------|----------------------------|
| Dec. 1 – 5 | 100 Forward |
| 6 – 12 | 200 Backward |
| 13 – 19 | <u>400 Inward</u> |
| 20 – 26 | 5000 Twist |
| 27– Jan. 2 | <u>300 Reverse</u> |
| 3 – 9 | 100 Forward |
| 10 – 16 | 200 Backward |
| 17 – 23 | <u>400 Inward</u> |
| 24 – 30 | 5000 Twist |
| 31 – Feb. 6 | <u>300 Reverse</u> |
| 7 – 13 | 100 Forward |
| 14 – 20 | 200 Backward |
| 21 – 27 | <u>400 Inward</u> |

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