

# Swimming Officials Association of NJ

## 2017-2018

### Official Required Dive Schedule

<u>Week</u>	<u>Required Dive Group</u>
Nov.28-Dec. 3	100 Forward
Dec.4-10	200 Backward
11-17	<u>400 Inward</u>
18-24	5000 Twist
25-31	<u>300 Reverse</u>
Jan. 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>
Feb.5-11	100 Forward
12-18	200 Backward
19-27	<u>400 Inward</u>

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