

# Swimming Officials Association of NJ

## 2018-2019

### Official Required Dive Schedule

<u>Week</u>	<u>Required Dive Group</u>
Dec. 1-9	100 Forward
10-16	200 Backward
17-23	<u>400 Inward</u>
24-30	5000 Twist
Dec. 31-Jan. 6	<u>300 Reverse</u>
Jan. 7-13	100 Forward
14-20	200 Backward
21-27	<u>400 Inward</u>
Jan. 28-Feb. 3	5000 Twist
Feb. 4-10	<u>300 Reverse</u>
11-17	100 Forward
18-24	200 Backward
Feb. 25-Mar. 3	<u>400 Inward</u>

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