

# Swimming Officials Association of NJ

## 2019-2020

### Official Required Dive Schedule

<u>Week</u>	<u>Required Dive Group</u>
Dec. 1-7	100 Forward
8-14	200 Backward
15-21	<u>400 Inward</u>
22-28	5000 Twist
Dec. 29-Jan. 4	<u>300 Reverse</u>
Jan. 5-11	100 Forward
12-18	200 Backward
19-25	<u>400 Inward</u>
Jan. 26-Feb. 1	5000 Twist
Feb. 2-8	<u>300 Reverse</u>
9-15	100 Forward
16-22	200 Backward
23-29	<u>400 Inward</u>

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