

Swimming Officials Association of NJ

2021-2022

Official Required Dive Schedule

<u>Week</u>	<u>Required Dive Group</u>
Dec. 1-4	100 Forward
5-11	200 Backward
12-18	<u>400 Inward</u>
19-25	5000 Twist
Dec. 26-Jan. 1	<u>300 Reverse</u>
Jan. 2-8	100 Forward
9-15	200 Backward
16-22	<u>400 Inward</u>
23-29	5000 Twist
Jan. 31-Feb. 5	<u>300 Reverse</u>
Feb. 6-12	100 Forward
13-19	200 Backward
20-26	<u>400 Inward</u>

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