



2022-23 DIVING WEEKS - BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Nov. 28 – Dec. 3) = Forward Group
Week 2 (Dec. 5-10) = Back Group
Week 3 (Dec. 12-17) = Inward Group
Week 4 (Dec. 19-31) = Twisting Group
Week 5 (Jan. 2-7) = Reverse Group

Week 6 (Jan. 9-14) = Forward Group
Week 7 (Jan. 16-21) = Back Group
Week 8 (Jan. 23-28) = Inward Group
Week 9 (Jan. 30 – Feb. 4) = Twisting Group
Week 10 (Feb. 6-11) = Reverse Group



2023 DIVING WEEKS - GIRLS

(Reference NFHS Rule 9-4-6)

Week 1 (March 13-18) = Forward Group
Week 2 (March 20-25) = Back Group
Week 3 (March 27 – April 1) = Inward Group
Week 4 (April 3-8) = Twisting Group
Week 5 (April 10-15) = Reverse Group

Week 6 (April 17-22) = Forward Group
Week 7 (April 24-29) = Back Group
Week 8 (May 1-6) = Inward Group
Week 9 (May 8-13) = Twisting Group
Week 10 (May 15-20) = Reverse Group