

Here is the Voluntary (required) dive list for the 2018-2019 High School Swim Season:

<u>Week</u>	<u>Through Date</u>	<u>Dive Group</u>
One	December 15	Forward group (100 series)
Two	December 22	Back group (200 series)
Three	December 29	Inward group (400 series)
Four	January 5	Twisting group (500 series)
Five	January 12	Reverse group (300 series)
Six	January 19	Forward group (100 series)
Seven	January 26	Back group (200 series)
Eight	February 2	Inward group (400 series)
Nine	February 11	Twisting group (500 series)

<http://www.mesoa.org/dive-of-the-week/>