

2018 – 2019 PIAA Diving Schedule

Week Beginning: Required Dive:

12/2/2018	Forward
12/9/2018	Back
12/16/2018	Inward
12/23/2018	Twisting
12/30/2018	Reverse
1/6/2019	Forward
1/13/2019	Back
1/20/2019	Inward
1/27/2019	Twisting
2/3/2019	Reverse
2/10/2019	Forward
2/17/2019	Back

6 Dives
1 Required Dive
4 Dives from the 5 Groups
1 Optional Dive

Dive Groups:
Forward
Back
Reverse
Inward
Twisting