

## 2019 – 2020 PIAA Diving Schedule

### Week Beginning: Required Dive:

12/1/2019	Forward
12/8/2019	Back
12/15/2019	Inward
12/22/2019	Twisting
12/29/2019	Reverse
1/5/2020	Forward
1/12/2020	Back
1/19/2020	Inward
1/26/2020	Twisting
2/2/2020	Reverse
2/9/2020	Forward
2/16/2020	Back

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

Dive Groups:  
Forward  
Back  
Reverse  
Inward  
Twisting