



New York State Public
High School Athletic Association

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STATE SPORT COORDINATOR BOYS SWIMMING & DIVING

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2023-2024

Dive of Week

Week	Dive Group
Nov 20 – Nov 26	100 (Front)
Nov 27 - Dec 3	100 (Front)
Dec 4 – Dec 10	200 (Back)
Dec 11 – Dec 17	400 (Inward)
Dec 18 – Dec 24	5000 (Twist)
Dec 25 – Dec 31	5000 (Twist)
Jan 1 – Jan 7	300 (Reverse)
Jan 8– Jan 14	100 (Front)
Jan 15 – Jan 21	200 (Back)
Jan 22 – Jan 28	400 (Inward)
Jan 29 – Feb 4	5000 (Twist)
Feb 5 – Feb 11	300 (Reverse)
Feb 14 – Feb 18	100 (Front)