

2016

Section V Girls Swimming and Diving

Voluntary Dives

Start of Season – September 10	100 – Forward
September 11 – September 17	200 – Back
September 18 – September 24	400 – Inward
September 25 – October 1	5000 – Twist
October 2 – October 8	300 – Reverse
October 9 – October 15	100 – Forward
October 16 – October 22	200 – Back
October 23 – October 27	400 – Inward

Norm Schueckler, Section V Coordinator – August 2016

\*\*\* If a Section V team is competing outside Section V or is hosting a team outside Section V, coaches of both teams MUST agree on a voluntary dive 24 hours before the meet is contested.