

2022

NYSPHSAA Girls Swimming and Diving

Voluntary Dive Schedule

Start of Season – September 17	100 – Forward
September 18 – September 24	200 – Back
September 25 – October 1	400 – Inward
October 2 – October 8	5000 – Twist
October 9 – October 15	300 – Reverse
October 16 – October 22	100 – Forward
October 23 – October 29	200 – Back
October 30 – November 5	400 – Inward

- ✓ If a school is competing outside of New York or is hosting a team outside of New York, coaches of both teams MUST agree on a voluntary dive 24 hours before the meet is contested.
- ✓ Meets rescheduled due to weather or some other unforeseen reason will use the dive from the originally scheduled date.
- ✓ Divers may use any dive from the scheduled group as they're voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.

Approved 5/10/2022: NYSPHSAA Girls Swimming and Diving Committee