

2021

NYSPHSAA Girls Swimming and Diving

Voluntary Dive Schedule

Start of Season – September 18	100 – Forward
September 19 – September 25	200 – Back
September 26 – October 2	400 – Inward
October 3 – October 9	5000 – Twist
October 10 – October 16	300 – Reverse
October 17 – October 23	100 – Forward
October 24 – October 30	200 – Back
October 31 – November 6	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 their voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.

Approved 5/11/2021: NYSPHSAA Girls Swimming and Diving Committee