

Fall Season 2026

(First practice on 8/24 – First meet on 9/6 - Cutoff Date on 11/2)

Sept 6. – Sept. 12: Forward Group (100's)

Sept. 13 – Sept. 19 Back Group (200's)

Sept. 20 – Sept. 26: Inward Group (400's)

Sept. 27 – Oct. 3: Twist Group (5000's)

Oct. 4 – Oct. 10: Reverse Group (300's)

Oct. 11 – Oct. 17: Forward Group (100's)

Oct. 18 – Oct. 24: Back Group (200's)

Oct. 25 – Oct. 31: Inward Group (400's)

Nov. 1 – Nov. 7: Twist Group (5000's)

Winter Season 2026 – 2027

(First practice on 11/30 – First meet on 12/10 - Cutoff Date on 2/1)

Dec. 10 – Dec. 19: Forward Group (100's)

Dec. 20 – Dec. 26: Back Group (200's)

Dec. 27 – Jan. 2: Inward Group (400's)

Jan. 3 – Jan. 9: Twist Group (5000's)

Jan. 10 – Jan. 16: Reverse Group (300's)

Jan. 17 – Jan. 23: Forward Group (100's)

Jan. 24 – Jan. 30: Back Group (200's)

Jan. 31 – Feb. 6: Inward Group (400's)

Feb. 7 – Feb. 13: Twist Group (5000's)

NOTE: Voluntary Dive

*In the event of a postponed meet, the voluntary dive **will correspond to the week that the meet is actually held**, not when the meet was initially scheduled.*

NOTE: League & Conference Championship Meets / Invitationals

Most leagues or invitational meet directors will designate forward as the required dive for their championship meet. Be sure to check with the head of your league/conference that you have the correct dive at this meet prior to showing up with your divers.