

2024

NYSPPHSAA Girls Swimming and Diving

Voluntary Dive Schedule

Start of Season –September 14	100 – Forward
September 15 – September 21	200 – Back
September 22 – September 28	400 – Inward
September 29 – October 5	5000 – Twist
October 6 – October 12	300 – Reverse
October 13 – October 19	100 – Forward
October 20 – October 26	200 – Back
October 27 – November 2	400 – Inward
November 3 – November 9	5000 – Twist

- ✓ 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 5/7/2024: NYSPPHSAA Girls Swimming and Diving Committee