



## 2025-26 Required Dive Schedule

DATE	DIVE
December 1-7	100 Forward
December 8-14	200 Backward
December 15-21	400 Inward
December 22-28	5000 Twist
December 29 - January 4	300 Reverse
January 5-11	100 Forward
January 12-18	200 Backward
January 19-25	400 Inward
January 26 - February 1	5000 Twist
February 2-8	300 Reverse
February 9-15	100 Forward
February 16-22	200 Backward

**Note:** In case of a rescheduled meet, the required Dive conforms with the new date's required dive.