



## 2024–25 Weekly Dive Rotation

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12/02–12/08	<b><u>Forward</u></b>	Dives in the 100 Group
12/09–12/15	<b><u>Back</u></b>	Dives in the 200 Group
12/16–12/22	<b><u>Inward</u></b>	Dives in the 400 Group
12/23–12/29	<b><u>Twisting</u></b>	Dives in the 500 Group
12/30–01/05	<b><u>Reverse</u></b>	Dives in the 300 Group
01/06–01/12	<b><u>Forward</u></b>	Dives in the 100 Group
01/13–01/19	<b><u>Back</u></b>	Dives in the 200 Group
01/20–01/26	<b><u>Inward</u></b>	Dives in the 400 Group
01/27–02/02	<b><u>Twisting</u></b>	Dives in the 500 Group
02/03–02/05	<b><u>Reverse</u></b>	Dives in the 300 Group