

Memo

To: Swimming and Diving Coaches
Swimming and Diving Officials

From: Mike Saltzstein, Section Rules Interpreter (mikesaltzstein@att.net)

Date: Academic Year 2018 - 2019

Re: Schedule of Diving Event Voluntary Dives

The following table sets forth the voluntary dives in compliance with Federation Rule and is in effect for all 6 dive competitions. Please contact me with any questions.

Week Starting	Voluntary Dive
February 19, 2019	forward
February 25, 2019	back
March 4, 2019	inward
March 11, 2019	twisting
March 18, 2019	reverse
March 25, 2019	forward
April 1, 2019	back
April 8, 2019	inward
April 15, 2019	twisting
April 22, 2019	reverse

CHAMPIONSHIP VOLUNTARY DIVE: TWIST