

**VOLUNTARY DIVE GROUP OF THE WEEK TABLE FOR 2016-17  
(Excerpted from 2016-17 MSHSAA Swimming Manual, pg. 4)**

WEEK	BOYS	VOLUNTARY GROUP	GIRLS
Week 1	Aug. 19 - Aug. 27	Forward Group	Nov 25 - Dec. 3
Week 2	Aug. 28 - Sept. 3	Back Group	Dec. 4 - Dec. 10
Week 3	Sept. 4 - Sept. 10	Inward Group	Dec. 11 - Dec. 17
Week 4	Sept. 11 - Sept. 17	Twist Group	Dec. 18 - Dec. 31
Week 5	Sept. 18 - Sept. 24	Reverse Group	Jan. 1 - Jan. 7
Week 6	Sept. 25 - Oct. 1	Forward Group	Jan. 8 - Jan. 14
Week 7	Oct. 2 - Oct. 8	Back Group	Jan. 15 - Jan. 21
Week 8	Oct. 9 - Oct. 15	Inward Group	Jan. 22 - Jan. 28
Week 9	Oct. 16 - Oct. 22	Twist Group	Jan. 29 - Feb. 4
Week 10	Oct. 23 - Oct. 29	Reverse Group	Feb. 5 - Feb. 11

Note 1: The voluntary dive is to be performed FIRST in a six-dive meet.

Note 2: A voluntary dive from EACH group must be performed in an 11-Dive meet per NFHS Rule 9-4-1a.

Note 3: See "End Date for State Qualifying Performances" within the qualifying standards.