

# 2025 Section XI

## Dive of Week

<b>Week</b>	<b>Dive Group</b>
Sept 1 - Sept 5	100 (Forward)
Sept 8 - Sept 12	100 (Forward)
Sept 15 - Sept 19	200 (Back)
Sept 22 - Sept 26	400 (Inward)
Sept 29 - Oct 3	5000 (Twist)
Oct 6 - Oct 10	300 (Reverse)
Oct 13 - Oct 17	100 (Forward)
Oct 20 - Oct 24	200 (Back)

Updated 8/27/2025