



New York State Public
High School Athletic Association

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STATE SPORT COORDINATOR GIRLS SWIMMING & DIVING

Diane Hicks-Hughes

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2026

Dive of Week

Week	Dive Group
Aug 30 – Sept 5	100 (Front)
Sept 6 – Sept 12	100 (Front)
Sept 13 – Sept 19	200 (Back)
Sept 20 – Sept 26	400 (Inward)
Sept 27 – Oct 3	5000 (Twist)
Oct 4 – Oct 10	300 (Reverse)
Oct 11 – Oct 17	100 (Front)
Oct 18 – Oct 24	200 (Back)
Oct 25 – Oct 31	400 (Inward)
Nov 1 – Nov 7	5000 (Twist)
Nov 8 – Nov 14	300 (Reverse)
Nov 15 – Nov 21	100 (Front)

3/30/26