IHSA BOYS/GIRLS DIVING SCHEDULE

| | Girls | | Boys | |
|----------------|---------------------------------|-------------------|----------------------------------|-----------------|
| Group | First Contest - Friday, Week #7 | Friday-Thursday | First Contest - Friday, Week #22 | Friday-Thursday |
| Forward Group | Week 7-8 | Aug. 19-25 | Week 22-23 | Dec. 2-8 |
| | Week 12-13 | Sept. 23-29 | Week 27-28 | Jan. 6-12 |
| | Week 17-18 | Oct. 28-Nov. 3 | Week 32-33 | Feb. 10-16 |
| Back Group | Week 8-9 | Aug. 26 - Sept. 1 | Week 23-24 | Dec. 9-15 |
| | Week 13-14 | Sept. 30-Oct. 6 | Week 28-29 | Jan. 13-19 |
| | Week 18-19 | Nov. 4-10 | Week 33-34 | Feb. 17-23 |
| Inward Group | Week 9-10 | Sept. 2-8 | Week 24-25 | Dec. 16-22 |
| | Week 14-15 | Oct. 7-13 | Week 29-30 | Jan. 20-26 |
| Twisting Group | Week 10-11 | Sept. 9-15 | Week 25-26 | Dec. 23-29 |
| | Week 15-16 | Oct. 14-20 | Week 30-31 | Jan. 27-Feb. 2 |
| Reverse Group | Week 11-12 | Sept. 16-22 | Week 26-27 | Dec. 30-Jan. 5 |
| | Week 16-17 | Oct. 21-27 | Week 31-32 | Feb. 3-9 |