

SCAF-Swimming 2022-23 Training Dates

Local Area Meetings December 2022 - Purpose: Area registration & Rule book distribution & Assignor's policies

Clinic #1 Jan 3 (Tuesday) or Jan 8, 2023 6:30 p.m.

Week off to watch videos, complete on-line courses and the NFHS Rules test

College Clinic Jan 11, 2023 or Jan 15, 2023. 6:30 p.m.

Clinic #2 Jan 16 or 22, 2023 6:30 p.m.

Clinic #3 - on Deck Training Feb 6 - Feb 17, 2023. 6:30 p.m.

Clinic #4 - Meet managers clinic April 2 or 10, 2023 6:30 p.m.

Important Dates

CIF-SS

First contest Feb 18, 2023

Last league contest April 28, 2023

Last contest April 29, 2023

CIF SS May 1-6, 2023

State Diving Qualifier May 6, 2023

State Champs May 11-13, 2023

CIF LA

First Allowable Practice – Monday, January 30, 2023

First Contest Date – Friday, February 10, 2023

Last Allowable Contest Date – Wednesday April 26, 2023

CIF Los Angeles City Dive Championship – Wednesday, May 3, 2023

CIF Los Angeles City Prelims – Tuesday, May 2, 2023

CIF Los Angeles City Finals – Friday, May 5, 2023

CIF State Championships – Thursday-Saturday, May 11-13, 2023