



December – CVHS Swimming Schedule '17

Updated 12/10/17

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2017				1 Varsity: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV swim: 3:10-5:30pm	2
3	4 Varsity and JV: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV swim: 3:10-5:30pm	5 Varsity: 5:30-7am Swim HOME Hempfield (Non Scored Meet)	6 Varsity: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV Weights: 3:15-4:15pm JV Swim: 4:30-6pm	7 Varsity: 5:30-7am Swim Varsity: 3:10-5:30pm Dive: 3:15-5:30pm JV: 5-6:30pm	8 Dive: 5:30-7am AWAY Wilson With Dallastown Divers will be at CV	9
10	11 Varsity and JV: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV swim: 3:10-5:30pm	12 Varsity: 5:30-7am Swim HOME Hershey	13 Varsity: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV Weights: 3:15-4:15pm JV Swim: 4:30-6pm	14 Varsity: 5:30-7am Swim HOME (Tri) Northern/ East Penn	15 Dive: 5:30-7am Varsity: 3:10-5:30pm JV Swim: 3:10-5:15pm	16 AWAY at Parkland High School
17 Bowling Party @ Trindle Bowl 6:30-8:30pm	18 Varsity and JV: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV swim: 3:10-5:30pm	19 Varsity: 5:30-7am Swim HOME Central Dauphin	20 Varsity: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV Weights: 3:15-4:15pm JV Swim: 4:30-6pm	21 Varsity: 5:30-7am Swim Varsity: 3:10-5:30pm Dive: 3:15-5:30pm JV: 5-6:30pm	22 Early Dismissal. (11am) Varsity/JV-11:30am-2pm Diving-5:30-7am	23
24	25 <i>Happy Holiday</i>  No Practice	26 No AM workouts Varsity: 2-4pm Dive: 2-4pm JV: 4-5:30pm	27 Dive: 5:30-7am Varsity: 7-8am Weights Varsity 8-10 AM swim JV: 9-10am weights JV swim: 10-11:30am Varsity 3-5pm swim	28 Varsity 8-10 AM swim Dive: 8-10am JV swim: 10-11:30am Varsity 3-5pm swim	29 Dive: 5:30-7am Varsity: 7-8am Weights Varsity 8-10 AM swim JV: 9-10am weights JV swim: 10-11:30am Varsity 3-5pm swim	30 No Practice