


December – CVHS Swimming Schedule '19

Updated 12/9/19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No school <i>Dive: 8-10:30am</i> <i>Swim 8-10:30am</i> Weight Room 10:45-11:30am	3 <u>Swim: 5:30-7am Pool</u> HOME Hempfield (Non Scored Meet)	4 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i>	5 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i> Weight Room 5:45-6:30pm	6 <u>Swim: 5:30-7am Pool</u> AWAY Wilson With Dallastown Divers will be at CV	7
8	9 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i> Weight Room 5:45-6:30pm	10 <u>Swim: 5:30-7am Pool</u> HOME (Tri) Northern/East Pennsboro	11 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i>	12 <u>Swim: 5:30-7am Pool</u> HOME CD-East	13 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i> Weight Room 5:45-6:30pm	14
15 Bowling Party @ <i>Trindle Bowl</i> 6:30-8:30pm	16 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i> Weight Room 5:45-6:30pm	17 Travel List <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i> AWAY Mifflin County	18 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i>	19 <u>Swim: 5:30-7am Swim</u> HOME State College	20 Early Dismissal from school 11am. Swim 11:30-12:30pm Bus Depart 1:15pm AWAY Parkland	21
22	23 <i>Swim: 8-10:30am</i> <i>Dive:</i> <i>Boosters to provide</i> <i>breakfast after practice</i> Weight Room 10:45-11:30am	24 <i>Swim: 8-10:30am</i> <i>Dive:</i> <i>Boosters to provide</i> <i>breakfast after practice</i>	25 Happy Holiday No Practice 	26 <i>Swim: 8-10:30am</i> <i>Dive:</i> <i>Boosters to provide</i> <i>breakfast after practice</i>	27 <i>Swim: 8-10:30am</i> <i>Dive:</i> <i>Boosters to provide</i> <i>breakfast after practice</i> Weight Room 10:45-11:30am	28
29	30 <i>Swim: 8-10:30am</i> <i>Dive:</i> <i>Boosters to provide</i> <i>breakfast after practice</i> Weight Room 10:45-11:30am	31 <i>Swim: 8-10:30am</i> <i>Dive:</i> <i>Boosters to provide</i> <i>breakfast after practice</i>	1 Happy New Year No Practice	2 <i>Swim: 5:30-7am Swim</i> AWAY Souderton	3 <i>Swim: 3:15-5:45pm</i> <i>Dive: 3:15-5:30pm</i> Weight Room 5:45-6:30pm	