


# January – CVHS Swim/Dive Schedule '20

## Updated 1/21/20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Happy New Year No Practice	<b>2</b> Swim: 5:30-7am Swim <hr/> <b>AWAY</b> <b>Souderton</b>	<b>3</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm  Team Meeting Prior to workout	<b>4</b> <b>Bucknell</b> Invite at <b>Bucknell U</b> **Attendance Requirements
<b>5</b>	<b>6</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm  Weight Room 5:45-6:30pm	<b>7</b> Swim: 5:30-7am Swim <hr/> <b>HOME</b> Tri Meet with Trinity/ Mechanicsburg Age Group Night	<b>8</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm	<b>9</b> Swim: 5:30-7am Swim <hr/> <b>AWAY</b> <b>Chambersburg</b>	<b>10</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm  Weight Room 5:45-6:30pm	<b>11</b>
<b>12</b>	<b>13</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm  Weight Room 5:45-6:30pm	<b>14</b> Swim: 3:15-4:45pm after school <hr/> <b>AWAY</b> <b>Carlisle</b> Meet Start is 7pm. Depart CV at 5:30pm	<b>15</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm	<b>16</b> Swim: 5:30-7am Swim <hr/> <b>AWAY</b> <b>Governor Mifflin</b>	<b>17</b> Swim: 3:15-4:30pm Dive: 3:15-4:30pm **Note Short Practice** **LOCKER DECORATING**  Weight Room 4:45-5:30pm	<b>18</b>
<b>19</b>	<b>20</b> No School Swim: 8-10:30am Diving: 8-10:30am  Weight Room 10:45-11:30am	<b>21</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm	<b>22</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm	<b>23</b> Swim: 5:30-7am Swim <hr/> <b>HOME</b> <b>Hershey</b> Senior Recognition	<b>24</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm	<b>25</b>
<b>26</b>	<b>27</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm  Team Meeting Prior to workout	<b>28</b> Swim: 5:30-7am Swim <hr/> <b>HOME</b> Palmyra/ McDevitt	<b>29</b> Swim: 3:15-5:45pm Dive: 3:15-5:30pm	<b>30</b> Swim: 5:30-7am Swim <hr/> <b>HOME</b> <b>Central Dauphin</b>	<b>31</b> <hr/> <b>AWAY</b> North Penn w/Wilson + Hershey	