





PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

**DECEMBER 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 NO SCHOOL Practice 7:30-9:00 AM	3 AM SWIM 6:15-7:00 PM SWIM 3:10-5:30	4 AM WEIGHT 6:15-7:00 PM SWIM 3:10-4:15 Winter sports preview night - Report 6:15 PM	5 AM SWIM 6:15-7:00 *PM SWIM 3:10-5:30  *Team Pictures	6 EAGLE INVITATIONAL - DIVING @ Northeastern PM SWIM - 3:10-4:00	7 EAGLE INVITATIONAL-SWIMMING @ HOME
8	9 AM WEIGHT 6:15-7:00 PM SWIM 3:10-5:30	10 AM SWIM 6:15-7:00 PM SWIM 3:10-5:30	11 AM WEIGHT 6:15-7:00 PM SWIM 3:10-4:15	12 AM SWIM 6:15-7:00 DOVER @ SPRING GROVE (away)	13 PM SWIM 3:10-5:30	14 Practice 8-9:30 AM Central Diving Invitational
15	16 AM WEIGHT 6:15-7:00 PM SWIM 3:10-5:30	17 AM SWIM 6:15-7:00 PM SWIM 3:10-5:30	18 AM WEIGHT 6:15-7:00 PM SWIM 3:10-4:15	19 AM SWIM 6:15-7:00 Northeastern @ DOVER (home)	20 PM SWIM 3:10-5:30	21 Practice 8-9:30 AM
22	23 NO SCHOOL Practice 7:15-9:15 AM	24 NO SCHOOL Practice 7:15-9:15 AM	25 NO PRACTICE 	26 NO SCHOOL Practice 7:15-9:15 AM	27 NO SCHOOL Practice 7:15-9:15 AM	28 BULLDOG BASH INVITATIONAL
29	30 NO SCHOOL Practice 7:15-9:15 AM	31 NO SCHOOL Practice 7:15-9:15 AM				