



PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO PRACTICE	2 NO SCHOOL 8:00-10:00AM	3 PM 3:05-5:15	4 AM 6:15-7:15 PM 3:05-4:45	5 West York @ HOME Report: 3:00PM	6 AM 6:15-7:15 PM 3:05-5:15	7 AM 8:00-9:30
8 NO PRACTICE	9 AM 6:15-7:15 PM 3:05-5:15	10 PM 3:05-5:15	11 AM 6:15-7:15 PM 3:05-4:45	12 PM 3:05-5:15	13 CLEARFIELD Dismissal: 11:30 Depart: 11:45	14 CLEARFIELD D INVITE
15 NO PRACTICE	16 NO SCHOOL 3:05-5:15PM	17 Early Dismissal (FINALS) 12:00-1:30PM	18 AM 6:15-7:15 Early Dismissal (FINALS) 12:00-1:30PM	19 New Oxford @ HOME Senior Night Report 3:00PM	20 AM 6:15-7:15 PM 3:05-5:15	21 DAAC HOME MEET NO PRACTICE
22 NO PRACTICE	23 AM 6:15-7:15 PM 3:05-5:15	24 York Surburban AWAY Depart: 4:15PM Meet: 6:00PM	25 NO AM PRACTICE PM 3:05-4:45	26 PM 3:05-5:15	27 AM 6:15-7:15 PM 3:05-5:15	28 SOUTHWESTERN RELAYS Depart HS @ 8:00 Meet Start: 10:30
29 NO PRACTICE	30 AM 6:15-7:15 PM 3:05-5:15	31 PM 3:05-5:15				