



PRACTICE SCHEDULE - DOVER HIGH SCHOOL SWIMMING

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HAPPY NEW YEAR! No practice	2 NO SCHOOL 8:00-10:00AM	3 8:00-9:30AM
4	5 AM 6:15-7:05 PM 3:05-5:15	6 @West York Report: Meet: 6:00PM	7 NO AM PM 3:05-4:45	8 PM 3:05-5:15	9 AM 6:15-7:05 PM 3:05-5:15	10 NO PRACTICE
11	12 AM 6:15-7:05 PM 3:05-5:15	13 Central York HOME Report: 3PM Meet: 5PM	14 12:00-1:30PM (HS FINALS)	15 @New Oxford Report: 2:45PM Meet: 5:00PM	16 AM 6:15-7:05 PM 3:05-5:15	17 NO PRACTICE
18	19 NO SCHOOL 8:00-10:00AM	20 PM 3:05-5:15	21 AM 6:15-7:05 PM 3:05-4:45	22 York Suburban HOME Report: 3PM Meet: 5PM	23 PM 3:05-5:15	24 SOUTHWESTERN RELAYS Depart HS @ 8:00 Meet Start: 10:30
25	26 *Last day AM AM 6:15-7:05 PM 3:05-5:15	27 PM 3:05-5:15	28 (Early dismissal) 12:00-1:30PM **Freshman-Juniors stay until 2:30PM to help prep for senior night!	29 Susquehannock HOME (senior night) Report: 3PM Meet: 5:00PM	30 PM 3:05-5:15	