

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
					Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
20	21	22	23	24	25	26
NO PRACTICE	Swim: 11:00 – 1:00 Dive: 4:00 – 5:00	Swim: 11:00 – 1:00 Dive: 4:00 – 5:00	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	NO PRACTICE Happy Thanksgiving!	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
27	28	29	30			
NO PRACTICE	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45			

OJR SWIMMING & DIVING

Drylands during
diving practice
TBA, pending the
week / training cycle.

This is subject to adjustments,
pending schedule changes,
weather impact, etc.

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	2 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	3 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
4 NO PRACTICE	5 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	6 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	7 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	8 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	9 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	10 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
11 NO PRACTICE	12 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	13 Home Meet: Perkiomen Valley	14 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	15 Away Meet: SF (Postponed) TBA	16 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	17 NO PRACTICE Age Group Meet
18 NO PRACTICE	19 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	20 Home Meet: Pope John Paul	21 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	22 Away Meet: Upper Perkiomen	23 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	24 NO PRACTICE Christmas Eve
25 NO PRACTICE Merry Christmas!	26 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	27 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	28 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	29 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	30 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	31 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00

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January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE	2 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	3 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	4 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	5 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	6 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	7 NO PRACTICE Age Group Meet
8 NO PRACTICE	9 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	10 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	11 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	12 Home Meet: Norristown	13 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	14 NO PRACTICE Age Group Meet
15 NO PRACTICE	16 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	17 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	18 Away Meet: Boyertown	19 Home Meet: Upper Merion	20 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	21 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
22 NO PRACTICE	23 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	24 Home Meet: Pottsgrove	25 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	26 Home Meet: Phoenixville	27 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	28 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
29 NO PRACTICE	30 Away Meet: Spring Ford	31 Away Meet: Methacton				

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February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO PRACTICE			1 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	2 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	3 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	4 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
5 NO PRACTICE	6 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	7 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	8 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	9 Away Meet: PAC League Diving Swim: 2:45 – 4:45	10 Away Meet: PAC League Swimming Swim: 2:45 – 4:45	11 Away Meet: PAC League Swimming NO PRACTICE
12 NO PRACTICE	13 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	14 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	15 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	16 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	17 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	18 NO PRACTICE Age Group Meet
19 NO PRACTICE	20 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	21 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	22 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	23 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	24 Away Meet: Districts	25 Away Meet: Districts
26 NO PRACTICE	27 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	28 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45				

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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	2 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	3 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	4 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
5 NO PRACTICE	6 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	7 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	8 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	9 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	10 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	11 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
12 NO PRACTICE	13 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	14 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	15 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	16 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	17 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	18
19	20	21	22	23	24	25
26	27	28	29 THIS WILL BE UPDATED WHEN WE ARE OFFICIALLY...	30 AWARE OF THE TIMING OF STATES AT BUCKNELL.	31	

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