

WHS BOYS SWIMMING CALENDAR		2022-2023 Season		V5 11-9-22		Head Coach: John Pringle	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Nov 14	Nov 15	Nov 16	Nov 17	Nov 18	Nov 19		
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE		
3:45-5:15 PM	3:45-5:45 PM	3:45-5:15 PM	3:45-5:45 PM	3:45-5:45 PM	8:15-10 AM		
		dry 5:15-6:15 PM		w/dry	PICTURE DAY 8:30 AM		
Dive 4:45-6:45 PM	5:15-7:15 PM	Dive 4:45-6:45 PM	Dive 5:15-7:15 PM	Dive 4:45-6:45 PM	Dive 9-11 AM		
Nov 21	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26		
PRACTICE	PRACTICE	PRACTICE	THANKSGIVING	PRACTICE	Velocity Practice		
3:45-5:15 PM	3:45-5:45 PM	8:00-11:00 AM	NO PRACTICE	8:00-11:00 AM	or		
dry 5:15-6:15 PM		w/dry		w/dry	5 ml run or 10 ml bike		
Dive 4:45-6:45 PM	5:15-7:15 PM	Dive 4:45-6:45 PM		Dive 10:30-12 PM	Dive 9-11 AM		
Nov 28	Nov 29	Nov 30	Dec 1	Dec 2	Dec 3		
PRACTICE	PRACTICE	PRACTICE	@ Moses Lake	PRACTICE	Velocity Practice		
3:45-5:15 PM	3:45-5:45 PM	3:45-5:15 PM	Jamboree 4 PM	3:45-5:45 PM	or		
dry 5:15-6:15 PM		dry 5:15-6:15 PM	*must have 10 practices	w/dry	5 ml run or 10 ml bike		
Dive 4:45-6:45 PM	5:15-7:15 PM	DIVE 4:45-6:45 PM		Dive 4:45-6:45 PM	Dive - Home Dryland		
Dec 5	Dec 6	Dec 7	Dec 8	Dec 9	Dec 10		
PRACTICE	WV/SUNNY	PRACTICE	PRACTICE	PRACTICE	Velocity Practice		
3:45-5:15 PM	HOME	3:45-5:15 PM	3:45-5:45 PM	3:45-5:45 PM	or		
dry 5:15-6:15 PM	4:00 PM	dry 5:15-6:15 PM		w/dry	5 ml run or 10 ml bike		
Dive 4:45-6:45 PM		DIVE 4:45-6:45 PM	Dive 5:15-7:15 PM	Dive 4:45-6:45 PM	Dive - Home Dryland		
Dec 12	Dec 13	Dec 14	Dec 15	Dec 16	Dec 17		
PRACTICE	PRACTICE	PRACTICE	Pasco/Chiawana	PRACTICE	Velocity Practice		
3:45-5:15 PM	3:45-5:45 PM	3:45-5:15 PM	HOME	3:45-5:45 PM	or		
dry 5:15-6:15 PM		dry 5:15-6:15 PM	4:00 PM	w/dry	5 ml run or 10 ml bike		
Dive 4:45-6:45 PM	5:15-7:15 PM	DIVE 4:45-6:45 PM		Dive 4:45-6:45 PM	Dive - Home Dryland		
Dec 19	Dec 20	Dec 21	Dec 22	Dec 23	Dec 24		
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	CHRISTMAS EVE		
8:00-11:00 AM *	8-10 AM	8:00-11:00 AM *	8-10 AM	8:00-11:00 AM *	OFF		
*w/dry		*w/dry		*w/dry			
Dive 4:30-6:30	Dive 4:30-6:30	Dive 4:30-6:30	Dive 10:30-12-30	Dive 10:30-12-30			
Dec 26	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31		
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	NEW YEAR'S EVE		
8:00-11:00 AM *	8-10 AM	8:00-11:00 AM *	8-10 AM	8:00-11:00 AM *	OFF		
*w/dry		*w/dry		*w/dry			
Dive 4:30-6:30/John o	Dive 4:30-6:30	Dive 4:30-6:30	Dive 10:30-12-30	Dive 10:30-12-30			
Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7		
PRACTICE	PRACTICE	PRACTICE	EASTMONT	PRACTICE	KR INVITE		
8:00-11:00 AM *	3:45-5:45 PM	3:45-5:15 PM	Home 4:00 PM	3:45-5:15 PM	9:00 AM		
*w/dry		dry 5:15-6:15 PM		NO DRY	Federal Way		
Dive 10:30-12-30	5:15-7:15 PM	DIVE 4:45-6:45 PM		Dive 4:45-6:45 PM			
Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14		
PRACTICE	PRACTICE	PRACTICE	Moses Lake	11 DIVE MEET	Velocity Practice		
3:45-5:15 PM	3:45-5:45 PM	3:45-5:15 PM	AWAY 4:00 PM	HOME NOON	or		
dry 5:15-6:15 PM		dry 5:15-6:15 PM		Practice 3:45-5:15 PM	5 ml run or 10 ml bike		
Dive 4:45-6:45 PM	5:15-7:15 PM	DIVE: 4:45-6:45 PM		No Dive Practice	DIVE 10:-12:00		
Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21		
NO PRACTICE	PRACTICE	PRACTICE	@ DAVIS/IKE	DIVE@EAST NOON	Richland & Hanford		
ML KING DAY	3:45-5:45 PM	3:45-5:15 PM	Lions Pool 4 PM	PRACTICE	HOME-SR DAY*		
		dry 5:15-6:15 PM		3:45-5:15 PM	9:00 w/u 10:00 Start		
NO PRACTICE	5:15-7:15 PM	DIVE 4:45-6:45 PM	DIVE 4:45-6:45 PM	No Dive Practice	DIVE TBA		
Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28		
PRACTICE	PRACTICE	PRACTICE	League Champs	PRACTICE	Velocity Practice		
3:45-5:15 PM	3:45-5:45 PM	3:45-5:15 PM	@ Moses Lake	3:45-5:45 PM	or		
dry 5:15-6:15 PM		dry 5:15-6:15 PM	4:00 PM	w/dry	5 ml run or 10 ml bike		
Dive 4:45-6:45 PM	5:15-7:15 PM	DIVE 4:45-6:45 PM		DIVE 4:45-6:45 PM	DIVE 9-11 AM		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Jan 30	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4		
PRACTICE	PRACTICE	PRACTICE	DIST SWIM PRELIM	DIST DIVE PRELIM	DIST FINALS		
3:45-5:15 PM	3:45-5:45 PM	3:45-5:15 PM	@ MLHS	@ MLHS TBA	@ MLHS		
dry 5:15-6:15 PM			TBA	Practice 4-5:30	TBA		
Dive 4:45-6:45 PM	DIVE 5:15-7:15 PM	Dive 4:45-6:45 PM	Dive 4:45-6:45 PM				
Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11		
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	REST DAY		
5:30-7:30 AM	5:30-7:30 AM	5:30-7:30 AM	5:30-7:30 AM	5:30-7:30 AM	NO PRACTICE		
DIVE: 4-6 PM	DIVE: 4-6 PM	DIVE: 4-6 PM	DIVE: 4-6 PM	DIVE: 4-6 PM			
Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18		
PRACTICE	PRACTICE	PRACTICE	PRACTICE @KCAC	SWIM PRELIMS	STATE FINALS		
5:30-7:30 AM	5:30-7:30 AM	5:30-7:30 AM	TBA	KCAC FED WAY	KCAC FED WAY		
DIVE: 4-6 PM	DIVE: 4-6 PM	DIVE: 4-6 PM	DIVE PRELIMS 8:30 AM	8:45 AM	8:30 AM		
League Champs	Note: Last meet for some						
District Champs	Note: Last meet for some						