

2021-2022 Swim and Dive Practice Schedule DRAFT 8-17-21

Monday, Tuesday, Thursday Dive Well

George Washington	Lee District	Providence District	Oak Marr Rec	Spring Hill Rec	Audrey Moore Rec. (@ Wakefield Park)	Mt. Vernon Rec .	South Run Rec	Cub Run Rec
Mt. Vernon 3:25 – 4:25 Diving 4:25 – 5:25 M/T/Th	Hayfield 3:45 - 4:45 Edison 3:45-4:45 With Diving 3:30 - 5:30	Marshall 3:45 - 4:45 Diving 3:30 – 4:45	Madison 3:45 - 4:45 Woodson 3:45 - 4:45 All Diving 3:45 - 6:00	McLean 3:30 - 4:30 Langley 3:30 - 4:30 All Diving 4:30 - 5:45	Lake Braddock 3:30 - 4:30 Annandale 3:30 - 4:30 All Diving 3:30 - 5:45	West Potomac 3:30 - 4:30 With Diving 3:30 - 4:30	South County 3:30 - 4:30 Robinson 3:30 - 4:30	Centreville 3:30 – 4:30 Chantilly 3:30 - 4:30
	Lewis 4:45 - 5:45 With Diving 3:30 - 5:30	Falls Church 4:45 - 5:45 Justice 4:45 – 5:45	Oakton 4:45 - 5:45 Fairfax 4:45 - 5:45		Jefferson 4:45 - 5:45 West Springfield 4:30 - 5:30		All Diving 4:30 - 5:45	Westfield 4:30 - 5:30 All Diving 4:30 - 5:45

Herndon - Herndon Community Center
 South Lakes - Reston Community Center (meter pool)
 Alexandria City - Chinquapin Park Recreation Center (meter pool)

Wakefield, Washington-Liberty and Yorktown - School Pools

Wednesday 4 Lanes and No Dive (with 2 exceptions)

George Washington	Lee District	Providence District	Oak Marr Rec	Springhill Rec	Audrey Moore Rec. (@ Wakefield Park)	Mt. Vernon Rec .	South Run Rec	Cub Run Rec
Mt. Vernon 3:25 – 4:25	Hayfield 3:45 - 4:45	Marshall 3:45 - 4:45	Madison 3:45 - 4:45	McLean 3:30 - 4:30	Lake Braddock 3:30 - 4:30	West Potomac 3:30 - 4:30	South County 3:30 - 4:30	Centreville 3:30 – 4:30
With Diving 4:25 – 5:10	Edison 3:45-4:45	Falls Church 3:30 – 4:30	Woodson 3:45 - 4:45	Langley 3:30 - 4:30	Annandale 3:30 - 4:30	With Diving 3:30 - 4:30	Robinson 3:30 - 4:30	Chantilly 3:30 - 4:30
	Lewis 4:45 - 5:45	Justice 4:30 - 5:30	Oakton 4:45 - 5:45		Jefferson 4:45 - 5:45 West Springfield 4:30 - 5:30			Westfield 4:30 - 5:30
			Fairfax 4:45 – 5:45					

Herndon - Herndon Community Center

Wakefield, Washington-Liberty and Yorktown - School Pools

South Lakes - Reston Community Center (meter pool)

Alexandria City - Chinquapin Park Recreation Center (meter pool)

November 2021 (Park Authority Use Calendar)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 <i>PRACTICE BEGINS</i>	9 <i>PRACTICE</i>	10 <i>PRACTICE</i>	11 <i>PRACTICE</i>	12 <i>NO PRACTICE</i>	13
14	15 <i>PRACTICE</i>	16 <i>PRACTICE</i>	17 <i>PRACTICE</i>	18 <i>PRACTICE</i>	19 <i>NO PRACTICE</i>	20
21	22 <i>PRACTICE</i>	23 <i>PRACTICE</i>	24 <i>PRACTICE</i>	25 <i>NO PRACTICE</i>	26 <i>NO PRACTICE</i>	27
28	29 <i>PRACTICE</i>	30 <i>PRACTICE</i>				

DECEMBER 2021 (Park Authority Use Calendar)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>PRACTICE</i>	2 <i>PRACTICE</i>	3 <i>MEETS</i>	4
5	6 <i>PRACTICE</i>	7 <i>PRACTICE</i>	8 <i>PRACTICE</i>	9 <i>PRACTICE</i>	10 <i>MEETS</i>	11 <i>MEETS</i>
12	13 <i>PRACTICE</i>	14 <i>PRACTICE</i>	15 <i>PRACTICE</i>	16 <i>PRACTICE</i>	17 <i>MEETS</i>	18
19	20 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	21 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	22 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	23 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	24 <i>NO</i> <i>PRACTICE</i>	25
26	27 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	28 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	29 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	30 <i>PRACTICE</i> <i>2 lanes, 1 board</i>	31 <i>NO</i> <i>PRACTICE</i>	

JANUARY 2022 (Park Authority Use Calendar)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 <i>PRACTICE</i>	4 <i>PRACTICE</i>	5 <i>PRACTICE</i>	6 <i>PRACTICE</i>	7 NO MEETS	8 <i>MEETS</i>
9	10 <i>PRACTICE</i>	11 <i>PRACTICE</i>	12 <i>PRACTICE</i>	13 <i>PRACTICE</i>	14 <i>MEETS</i>	15 <i>Make up MEETS</i>
16	17 NO PRACTICE	18 <i>PRACTICE</i>	19 <i>PRACTICE</i>	20 <i>PRACTICE</i>	21 <i>MEETS</i>	22 <i>Make up MEETS</i>
23	24 <i>PRACTICE</i>	25 <i>PRACTICE</i>	26 <i>PRACTICE</i>	27 <i>PRACTICE</i>	28 <i>DISTRICT MEETS</i>	29 <i>DISTRICT MEETS</i>
30	31 <i>PRACTICE 2 LANES DIVE 3:30-5:30PM Lee, A. Moore, or Oak Marr (ONLY)</i>					

FEBUARY 2022 (Park Authority Use Calendar)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		<p>1 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore, or</i> <i>Oak Marr (ONLY)</i></p>	<p>2 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>3 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>4 <i>No. Region</i> <i>DIVE & SWIM</i> <i>PreLims</i> *** <i>NO PRACTICE</i></p>	<p>5 <i>No. Region</i> <i>SWIM Finals</i></p>
6	<p>7 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>8 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>9 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>10 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>11 <i>Occoquan</i> <i>Region Dive &</i> <i>Swim Prelims</i> *** <i>NO PRACTICE</i></p>	<p>12 <i>Occoquan</i> <i>Region Dive &</i> <i>Swim Finals</i> ***</p>
13	<p>14 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>15 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>16 <i>PRACTICE</i> 2 LANES <i>DIVE 3:30-5:30PM</i> <i>Lee, A. Moore,</i> <i>Oak Marr</i></p>	<p>17 <i>PRACTICE</i> 2 LANES <i>DIVE PRACTICE</i> <i>3:30-5:30PM</i> <i>Lee, & A. Moore,</i> <i>ONLY</i></p>	<p>18 <i>NO</i> <i>PRACTICE</i></p>	<p>19</p>