

2022 Swim and Dive Team Schedule

May 31st – June 9th Swim 6:15-7pm Dive 7-7:45pm No Friday Practice

Team Picture - on pool deck, Wed, June 1st 6:00pm - wear team t-shirt

****6 and under swimmers practice 5:30pm-6:15pm without the rest of the team the first 2 weeks of practice, then 6:15-7pm thereafter**

June 13th regular practice hours begin for all age groups and are as follows:

Mon	Tues	Wed	Thu	Fri	Sat
Swim 9-10am			Swim 9-10am		
Dive 10-11am	Swim 9-10am		Dive 10-11am	Swim 9-10am	Dive meet days
Swim 6:15-7pm	Dive 10-11am	Swim 6:15-7pm	Swim 6:15-7pm	Dive 10-11am	
Dive 7-7:45pm	Swim Meet Nights	Dive 7-7:45pm	Dive 7-7:45pm		

Must attend 2 practices per week to swim in the following Tuesday Meet

Sign up for meets in the breezeway book by 2:00pm each Sunday

No Wed Morning or Friday Evening Practices **NO practice July 4th – July 8th ******



Olde Forest 2022 Swim and Dive Meet Schedule

Tuesday, June 14 th	OFRC vs. Dogwood (home) SWIM ONLY
Saturday, June 18 th	OFRC vs. Gibsonville and ACC (home) DIVE ONLY
Tuesday, June 21 st	OFRC BYE WEEK
Saturday, June 25 th	OFRC vs. Gibsonville and ACC (home) DIVE ONLY
Tuesday, June 28 th	OFRC @ Rockingham (away) SWIM ONLY
Saturday, July 2 nd	ALL TEAMS BYE WEEK
Saturday, July 9 th	OFRC and ACC @ Gibsonville (away) DIVE ONLY
Tuesday, July 12 th	OFRC vs. Gibsonville (home) SWIM ONLY
Saturday, July 16 th	OFRC and Gibsonville @ ACC (away) DIVE ONLY
Tuesday, July 19 th	OFRC @ ACC (away) SWIM ONLY

Swim warm-ups at 5:30pm and meets start at 6pm; Dive warm-ups at 8:30am and meets start at 9am

Championships

Psych Party – Friday, July 29th 9:00am-11:00am

Dive – Saturday, July 23rd (@ Gibsonville) Swim – Saturday, July 30th (@ MAC)

Swim Banquet/Covered Dish Tuesday, Aug 2nd 6:15pm Upstairs Lounge