

West Salem Practice Times, Locations, Holidays, Special days, and Meets 2024-25

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 18 th -24 th Picture Day and Parent meeting	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	Release 2:45 Van 3:00 Pictures 3:15 Parent meeting 5:15 4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	10-11:30 Swim at Kroc Long Slow Distance Fins, Sox, Drag suit
Nov 25 th -Dec 1 st Thanksgiving No School Wednesday-Friday	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Sox, Drag suit	11:30-1:00 Swim at STSC Long Slow Distance Fins, Sox, Drag suit	Thanksgiving No Practice	11:30-1:00 Swim at STSC Long Slow Distance Fins, Sox, Drag suit	10-11:30 Swim at Kroc Long Slow Distance Fins, Sox, Drag suit
Dec 2 nd -Dec 8 th Grading Day No School Friday Meet against Lake Oswego	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Buoy, Drag suit, Paddles, Sox	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Buoy, Drag suit, Paddles, Sox	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Buoy, Drag suit, Paddles, Sox	WSHS at Lake Oswego Release 2:45 Bus 3:00 WU's 4:30 Meet 5:00	Jumping Event TBD 4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Buoy, Drag suit, Paddles, Sox	10-11:30 Swim at Kroc Long Slow Distance Fins, Buoy, Drag suit, Paddles, Sox
Dec 9 th -15 th Meet against Roseburg	4:00-5:30 pm Swim at STSC 400's Fins, Buoy, Drag suit, Paddles, Shirt, Sox	4:00-5:30 pm Swim at STSC 200's Fins, Buoy, Drag suit, Paddles, Shirt, Sox	4:00-5:30 pm Swim at STSC 100's Fins, Buoy, Drag suit, Paddles, Shirt, Sox	Roseburg at WSHS Release 11:30 Bus/Van 12:30 WU 1:00 Meet 1:30	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Buoy, Drag suit, Paddles, Shirt, Sox	10-11:30 Swim at Kroc Long Slow Distance Fins, Buoy, Drag suit, Paddles, Shirt, Sox
Dec 16 th -22 nd Meet against Newport	4:00-5:30 pm Swim at STSC 400's Fins, Paddles, Drag Suit, Shirt, Sox	4:00-5:30 pm Swim at STSC 200's Fins, Drag suit, Paddles, Shirt, Sox	4:00-5:30 pm Swim at STSC 100's Fins, Drag suit, Paddles, Shirt, Sox	Newport at WSHS Released at 2:45 Bus/Van 3:00 Warmups 3:30 Meet 4:00	Meet at West Leave 8:00 am 1:30-3:30 pm Swim in Astoria Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	10-12 and 1-3 Swim in Astoria Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox
Dec 23 rd -29 th Christmas Break No school	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	Christmas Day No Practice	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	10-11:30 Swim at Kroc Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox
Dec 30 th -Jan 5 th Christmas Break No school Meet at David Douglas	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	New Years Day No Practice	11:30-1:00 Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Pants, Sox	David Douglas Invite Bus 7:30 WU 9:00 Meet 10:30 Ends 2:30	10-11:30 Swim at Kroc Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Shoes, Sox
Jan 6 th -12 th Meet against McNary	4:00-5:30 pm Swim at STSC 400's Fins, Paddles, Drag Suit, Shirt, Shoes, Sox	4:00-5:30 pm Swim at STSC 200's Fins, Paddles, Drag Suit, Shirt, Shoes, Sox	4:00-5:30 pm Swim at STSC 100's Fins, Paddles, Drag Suit, Shirt, Shoes, Sox	WSHS at McNary Released at 11:30 Bus/Van 12:30 Warmups 1:00 Meet 1:30	4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Shoes, Sox	10-11:30 Swim at Kroc Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Shoes, Sox

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<p>Jan 13th-19th Meet against Sprague & Rumbaugh</p>	<p>4:00-5:30 pm Swim at STSC 400's Fins, Paddles, Drag Suit, Shirt, Shoes, Sox</p>	<p>4:00-5:30 pm Swim at STSC 200's Fins, Paddles, Drag Suit, Shirt, Shoes, Sox</p>	<p>4:00-5:30 pm Swim at STSC 100's Fins, Paddles, Drag Suit, Shirt, Shoes, Sox</p>	<p>WSHS at Sprague Released at 11:30 Bus/Van 12:30 Warmups 1:00 Meet 1:30</p>	<p>4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Shoes, Sox</p>	<p>Rumbaugh Invite at Albany Community Pool Bus/Van Leaves 6:30 am WU 7:30 am Meet Starts 9:00 am</p>
<p>Jan 20th-26th Holiday MLK Meet against Sheldon</p>	<p>TBD Swim at Kroc 200's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>4:00-5:30 pm Swim at STSC 100's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>WSHS at Sheldon Release 1:15 Bus 1:30 WU's 3:00 Meet 3:25</p>	<p>4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Shoes, Sox</p>	<p>4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Shoes, Sox</p>	<p>10-11:30 Swim at Kroc Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Sox</p>
<p>Jan 27th-Feb 2nd Finals Week Meet against South Salem</p>	<p>4:00-5:30 pm Swim at STSC 400's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>Finals 4:00-5:30 pm Swim at STSC 200's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>Finals 4:00-5:30 pm Swim at STSC 100's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>Finals South Salem at WSHS Bus/Van 5:30 Warmups 6:00 Meet 6:30</p>	<p>Grading Day 4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>10-11:30 Swim at Kroc Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>
<p>Feb 3rd-9th Meet against North Salem</p>	<p>4:00-5:30 pm Swim at STSC 400's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>4:00-5:30 pm Swim at STSC 200's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>4:00-5:30 pm Swim at STSC 100's Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>North Salem at WSHS Release 2:45 Bus/Van 3:00 Warmups 3:30 Meet 4:00</p>	<p>4:00-5:30 pm Swim at STSC Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Sox, chutes</p>	<p>10-11:30 Swim at Kroc Long Slow Distance Fins, Paddles, Drag Suit, Shirt, Sox, chutes Wave Pool TBD</p>
<p>Feb 10th-16th Districts</p>	<p>4:00-5:30 pm Swim at STSC 400's Drag suits, Sox District Entries Due</p>	<p>4:00-5:30 pm Swim at STSC 200's Drag suits, Sox</p>	<p>4:00-5:30 pm Swim at STSC 100's Drag suits, Sox</p>	<p>4:00-5:30 pm Swim at STSC Sprints Drag Suits, Sox Shaving/Spaghetti Party</p>	<p>Districts In Salem</p>	<p>Districts In Salem</p>
<p>Feb 17th-23rd President's Day State Meet</p>	<p>TBD Swim at Kroc Long Slow Distance Drag suits, Sox</p>	<p>4:00-5:30 pm Swim at TBD 400's Drag suits, Sox</p>	<p>4:00-5:30 pm Swim at TBD 200's Drag suits, Sox</p>	<p>4:00-5:30 pm Swim at TBD 100's Drag suits, Sox Shaving/Spaghetti Party</p>	<p>State Meet</p>	<p>State Meet</p>