

Interboro High School

Swim & Dive

2022-2023

Friday, 11/18/22	Practice	Widener	6-7 PM Bus 5:15 PM
Tuesday, 11/22/22	Practice	Widener	6-7 PM Bus 5:15 PM
Tuesday, 11/29/22	Practice	Widener	6-7 PM Bus 5:15 PM
Thursday, 12/1/22	Practice	Widener	6-7 PM Bus 5:15 PM
Friday, 12/2/22	Practice	Widener	6-7 PM Bus 5:15 PM
Tuesday, 12/6/22	Swim Practice	Widener	6-7 PM Bus 5:15 PM
	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Wednesday, 12/7/22	Meet – Norristown	Norristown	3:45 PM Bus 2:10 PM
Thursday, 12/8/22	Practice	Widener	6-7 PM Bus 5:15 PM
Friday, 12/9/22	Practice	Widener	6-7 PM Bus: 5:15 PM
Tuesday, 12/13/22	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Saturday, 12/17/22	Meet – Delco Invitational	Ridley	10:30 AM Bus 9:00 AM
Tuesday, 12/20/22	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Tuesday, 12/27/22	Practice Swim & Dive	Chichester	12 -2:00 PM Bus 1:15 PM
Wednesday, 12/28/22	Ridley	Away	12 PM Bus 11:15 PM
Tuesday, 1/3/23	Swim Practice	Widener	6-7 PM Bus 5:15 PM
	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Wednesday, 1/4/23	Chichester	Away	3:30 PM Bus 2:10 PM
Thursday, 1/5/23	Practice	Widener	6-7 PM Bus 5:15 PM
Friday, 1/6/23	Meet vs O'Hara	Widener	5:30 PM Bus 5:15 PM
Tuesday, 1/10/23	Sun valley	Away	3:30 PM Bus 2:10 PM
Wednesday, 1/11/23	Chichester	Away	3:30 PM Bus 2:10 PM
Thursday, 1/12/23	Practice	Widener	6-7 PM Bus 5:15 PM
Friday, 1/13/23	Coatesville	Away	3:45 PM Bus 1:45 PM
Tuesday, 1/17/23	Swim Practice	Widener	6-7 PM Bus 5:15 PM
	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Wednesday, 1/18/23	Chichester	Away	3:30 PM Bus 2:10 PM
Thursday, 1/19/23	Practice	Widener	6-7 PM Bus 5:15 PM
Friday, 1/20/23	Meet Bensalem	Widener	6:00 PM Bus 5:15 PM
Tuesday, 1/24/23	Swim Practice	Widener	6-7 PM Bus 5:15 PM
	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Wednesday, 1/25/23	Chichester Dive Only	Away	3:30 PM – Van 2:10 PM
Thursday, 1/26/23	Practice	Widener	6-7 PM Bus 5:15 PM
Friday, 1/27/22	Chichester Senior Day	Widener	6:00 PM – Bus 5:15 PM
Monday, 1/30/22	Lower Moreland HS	Away	3:30 PM Bus 2:10 PM
Tuesday, 1/31/23	Swim Practice	Widener	6-7 PM Bus 5:15 PM
	Dive Practice	Chichester	6-7 PM Bus 5:15 PM
Wednesday, 2/1/23	Meet Bensalem	Away	3:30 PM Bus 2:00 PM
Thursday, 2/2/23	Mt Pleasant HS	PS Dupont MS	3:30 PM Bus 2:10 PM
Tuesday, 2/7/23	Swim Practice	Widener	6-7 PM Bus 5:15 PM
	Dive Practice	Chichester	6-7 PM Bus 5:15 PM

TBD – Meet with Bonner/Prendie