



# Johnson City

## (G) V Swimming/Diving

### Coaches:

- Kristen Tocheny, Head Coach
- Ashlee Kohlbach, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 12, 2024	Mon	Practice (Preseason Camp)	N/A	3:30 PM	6:30 PM	JC HS Pool		
Aug 13, 2024	Tue	Practice (Preseason Camp)	N/A	3:30 PM	6:30 PM	JC HS Pool		
Aug 14, 2024	Wed	Practice (Preseason Camp)	N/A	3:30 PM	6:30 PM	JC HS Pool		
Aug 15, 2024	Thu	Practice (Preseason Camp)	N/A	3:30 PM	6:30 PM	JC HS Pool		
Aug 19, 2024	Mon	Practice (Open Swim)	N/A	3:00 PM	5:00 PM	JC HS Pool		
Aug 20, 2024	Tue	Practice (Open Swim)	N/A	3:00 PM	5:00 PM	JC HS Pool		
Aug 21, 2024	Wed	Practice (Open Swim)	N/A	3:00 PM	5:00 PM	JC HS Pool		
Aug 22, 2024	Thu	Practice (Open Swim)	N/A	3:00 PM	5:00 PM	JC HS Pool		
Aug 26, 2024	Mon	Practice	N/A	2:30 PM	5:30 PM	TBD		
Aug 27, 2024	Tue	Practice	N/A	2:30 PM	5:30 PM	TBD		
Aug 28, 2024	Wed	Practice	N/A	2:30 PM	5:30 PM	TBD		
Aug 29, 2024	Thu	Practice	N/A	2:30 PM	5:30 PM	TBD		
Aug 30, 2024	Fri	Practice	N/A	2:30 PM	5:30 PM	TBD		
Aug 31, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Pool		
Sep 3, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 4, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 5, 2024	Thu	Regular Season	Elmira	5:30 PM	8:00 PM	JC HS Pool		L
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 7, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Pool		
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 14, 2024	Sat	Regular Season (JC Relays)	TBD	9:00 AM	4:00 PM	JC HS Pool		NL
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2024	Tue	Regular Season	Corning-Painted Post	5:30 PM	8:00 PM	JC HS Pool		L
Sep 18, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 19, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 21, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Pool		
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 24, 2024	Tue	Regular Season	@ Vestal	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Sep 28, 2024	Sat	Regular Season (ME Swim & Dive Invitational - Diving)	@ TBD	8:00 AM	11:00 AM	Maine-Endwell HS Pool	<b>Departure Time:</b> 7:45 AM	L
Sep 28, 2024	Sat	Regular Season (ME Swim & Dive Invitational - Swim)	@ TBD	11:30 AM	5:00 PM	Maine-Endwell HS Pool	<b>Departure Time:</b> 11:15 AM	L
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 1, 2024	Tue	Regular Season	Ithaca	5:30 PM	8:00 PM	JC HS Pool		L
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 3, 2024	Thu	Regular Season	Susquehanna Valley	5:30 PM	7:00 PM	JC HS Pool		NL
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 5, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Pool		
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 8, 2024	Tue	Regular Season	@ Horseheads	5:30 PM	8:00 PM	HHS HS Pool		L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 14, 2024	Mon	Practice	N/A	9:00 AM	11:30 AM	JC HS Pool		
Oct 15, 2024	Tue	Regular Season	Maine-Endwell	5:30 PM	8:00 PM	JC HS Pool		L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 17, 2024	Thu	Regular Season	@ Owego Apalachin	5:30 PM		OFA Pool		NL
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		

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Oct 19, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Pool		
Oct 21, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 22, 2024	Tue	Regular Season	@ Binghamton	5:30 PM	8:00 PM	East Middle School Pool		L
Oct 23, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 25, 2024	Fri	Regular Season	@ Union-Endicott	5:30 PM	8:00 PM	UEHS Pool		L
Oct 26, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	JC HS Pool		
Oct 28, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 30, 2024	Wed	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 2, 2024	Sat	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 4, 2024	Mon	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 6, 2024	Wed	Post-Season (Sectional Prelims)	@ TBD	TBD		Maine-Endwell HS Pool		L
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:30 PM	JC HS Pool		
Nov 8, 2024	Fri	Post-Season (Sectional Diving Finals)	@ TBD	TBD		TBD		L
Nov 9, 2024	Sat	Post-Season (Sectional Finals)	@ TBD	TBD		Maine-Endwell HS Pool		L

Date: 2024-08-10