



Johnson City

(B) V Swimming/Diving

Coaches:

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

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|----------|-----------|------------|----------|-------------------|-----------|----------------|---------------------|
| Nov 14, 2022 | Mon | Practice | N/A | 3:30 PM | 4:00 PM | JC HS Weight Room | | | |
| Nov 14, 2022 | Mon | Practice | N/A | 4:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 15, 2022 | Tue | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 16, 2022 | Wed | Practice | N/A | 3:30 PM | 4:00 PM | JC HS Weight Room | | | |
| Nov 16, 2022 | Wed | Practice | N/A | 4:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 17, 2022 | Thu | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 18, 2022 | Fri | Practice | N/A | 3:30 PM | 4:00 PM | JC HS Weight Room | | | |
| Nov 18, 2022 | Fri | Practice | N/A | 4:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 21, 2022 | Mon | Practice | N/A | 3:30 PM | 4:00 PM | JC HS Weight Room | | | |
| Nov 21, 2022 | Mon | Practice | N/A | 4:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 22, 2022 | Tue | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 26, 2022 | Sat | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Nov 26, 2022 | Sat | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Nov 28, 2022 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 29, 2022 | Tue | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Nov 30, 2022 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 1, 2022 | Thu | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 2, 2022 | Fri | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 3, 2022 | Sat | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 3, 2022 | Sat | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 5, 2022 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 6, 2022 | Tue | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 7, 2022 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 8, 2022 | Thu | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|----------------------|------------|----------|-----------------------------------|-------------------------|----------------|---------------------|
| Dec 9, 2022 | Fri | Regular Season 89-88 W | Elmira | 5:30 PM | 7:00 PM | JC HS Pool | | | L |
| Dec 10, 2022 | Sat | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 10, 2022 | Sat | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 12, 2022 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 13, 2022 | Tue | Regular Season 80-93 L | Corning-Painted Post | 5:30 PM | 7:00 PM | JC HS Pool | | | L |
| Dec 14, 2022 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 17, 2022 | Sat | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 17, 2022 | Sat | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 19, 2022 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 20, 2022 | Tue | Regular Season 80-97 L | @ Vestal | 5:30 PM | 7:00 PM | Vestal High School Baseball Field | Departure Time: 4:15 PM | | L |
| Dec 21, 2022 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 22, 2022 | Thu | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Dec 26, 2022 | Mon | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 26, 2022 | Mon | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 27, 2022 | Tue | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 27, 2022 | Tue | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 28, 2022 | Wed | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 28, 2022 | Wed | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 29, 2022 | Thu | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Dec 29, 2022 | Thu | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Dec 30, 2022 | Fri | Regular Season (Chenango Valley Swimming Invitational) | @ TBD | 9:00 AM | | CV - HS Pool | Departure Time: 8:30 AM | | NL |
| Jan 2, 2023 | Mon | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |
| Jan 3, 2023 | Tue | Regular Season 83-92 L | Ithaca | 5:30 PM | 7:00 PM | JC HS Pool | | | L |
| Jan 4, 2023 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| Jan 6, 2023 | Fri | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 7, 2023 | Sat | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Jan 7, 2023 | Sat | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Jan 9, 2023 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 10, 2023 | Tue | Regular Season 65-113 L | @ Horseheads | 6:00 PM | 7:00 PM | HHS HS Pool | | Departure Time: 4:00 PM | L |
| Jan 11, 2023 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 12, 2023 | Thu | Regular Season 74-50 W | @ Susquehanna Valley | 5:30 PM | 7:00 PM | SVHS Pool | | Departure Time: 4:15 PM | NL |
| Jan 13, 2023 | Fri | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 14, 2023 | Sat | Regular Season (Boys Swim Wolverine Invitational) | @ TBD | 8:00 AM | | Waverly High School Pool | | Departure Point: Pool Entrance Departure Date: Jan 14, 2023 Departure Time: 8:15 AM | NL |
| Jan 14, 2023 | Sat | Practice | N/A | 10:00 AM | 11:00 AM | JC HS Weight Room | | | |
| Jan 14, 2023 | Sat | Practice | N/A | 11:15 AM | 12:30 PM | JC HS Pool | | | |
| Jan 16, 2023 | Mon | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 17, 2023 | Tue | Regular Season 83-94 L | Maine-Endwell | 5:30 PM | 7:00 PM | JC HS Pool | | | L |
| Jan 18, 2023 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 19, 2023 | Thu | Regular Season (Senior Night) | @ Union-Endicott | 5:30 PM | 7:00 PM | UEHS Pool | | Departure Time: 4:15 PM | L |
| Jan 20, 2023 | Fri | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 21, 2023 | Sat | Regular Season (JC Relays - Diving) | TBD | 9:30 AM | | JC HS Pool | | | NL |
| Jan 21, 2023 | Sat | Regular Season (JC Relays - Swimming) | TBD | 1:30 PM | | JC HS Pool | | | NL |
| Jan 24, 2023 | Tue | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 26, 2023 | Thu | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 27, 2023 | Fri | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Jan 28, 2023 | Sat | Regular Season (Maine-Endwell Invite (Diving)) | @ TBD | 9:00 AM | 11:00 AM | Maine-Endwell HS Pool | Bus/Driver: Suburban | Departure Date: Jan 28, 2023 Departure Time: 7:30 AM Return Date: Jan 28, 2023 Return Time: 12:00 PM | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---------------------------------------|-------------------|------------|----------|-------------------------|--|---|---------------------|
| Jan 28, 2023 | Sat | Regular Season (Maine-Endwell Invite) | @ TBD | 1:00 PM | 4:00 PM | Maine-Endwell HS Pool | | Departure Point: HS Pool Departure Date: Jan 28, 2023 Departure Time: 11:15 AM Return Date: Jan 28, 2023 Return Time: 5:00 PM | NL |
| Jan 31, 2023 | Tue | Regular Season | @ Binghamton | 5:30 PM | 7:00 PM | East Middle School Pool | | Departure Time: 4:15 PM | L |
| Feb 1, 2023 | Wed | Practice | N/A | 3:15 PM | 6:00 PM | JC HS Pool | | | |
| Feb 2, 2023 | Thu | Regular Season 76-105 L | @ Chenango Valley | 5:30 PM | 7:00 PM | CV - HS Pool | | Departure Time: 4:15 PM | L |
| Feb 3, 2023 | Fri | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 4, 2023 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | JC HS Pool | | | |
| Feb 6, 2023 | Mon | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 7, 2023 | Tue | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 8, 2023 | Wed | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 9, 2023 | Thu | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 10, 2023 | Fri | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 11, 2023 | Sat | Practice | N/A | 10:00 AM | 12:00 PM | JC HS Pool | | | |
| Feb 13, 2023 | Mon | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 14, 2023 | Tue | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |
| Feb 15, 2023 | Wed | Post-Season (Sectional Prelims) | @ TBD | 5:00 PM | 8:00 PM | Maine-Endwell HS Pool | Class Dismissal: 1:15 PM | Departure Point: HS Departure Date: Feb 15, 2023 Departure Time: 2:15 PM Return Date: Feb 15, 2023 Return Time: 8:00 PM | NL |
| Feb 16, 2023 | Thu | Post-Season (Sectional Diving Finals) | @ TBD | 10:15 AM | 2:00 PM | Maine-Endwell HS Pool | Bus/Driver: Suburban Class Dismissal: 8:15 AM | Departure Date: Feb 16, 2023 Departure Time: 8:30 AM Return Date: Feb 16, 2023 Return Time: 2:00 PM | NL |
| Feb 16, 2023 | Thu | Practice | N/A | 3:15 PM | 5:30 PM | JC HS Pool | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|-----------|------------|----------|-----------------------|-----------|------------------------------|---------------------|
| Feb 18, 2023 | Sat | Post-Season (Sectional Swimming Finals) | @ TBD | 3:00 PM | 6:00 PM | Maine-Endwell HS Pool | | | |
| | | | | | | | | Departure Point: HS | |
| | | | | | | | | Departure Date: Feb 18, 2023 | |
| | | | | | | | | Departure Time: 1:30 PM | NL |
| | | | | | | | | Return Date: Feb 18, 2023 | |
| | | | | | | | | Return Time: 6:00 PM | |

Date: 2024-08-17