



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
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			

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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 Return Date: Feb 18, 2023 Return Time: 6:00 PM	NL
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Date: 2024-06-30