

Coaches:

- Doug Peters, Head Coach
- Jessie Daglio, Asst CoachSara Rostedt, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LEAGUE LOCATION TRANSPORTATION / NON- LEAGUE
Aug 12, 2024	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 13, 2024	Tue	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 14, 2024	Wed	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 15, 2024	Thu	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 16, 2024	Fri	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 17, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 19, 2024	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 20, 2024	Tue	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 21, 2024	Wed	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 22, 2024	Thu	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 23, 2024	Fri	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 26, 2024	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 26, 2024	Mon	Practice (Mandatory Swim/Dive/Parent Meeting)	N/A	7:00 PM	8:00 PM	UEHS Pool
Aug 27, 2024	Tue	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 28, 2024	Wed	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 29, 2024	Thu	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 30, 2024	Fri	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Aug 31, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool

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Sep 2, 2024	Mon	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Sep 3, 2024	Tue	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 4, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 5, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 5, 2024	Thu	Regular Season	Vestal	5:30 PM	8:00 PM	UEHS Pool
Sep 6, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 7, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Sep 9, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 11, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 12, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 13, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 16, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 17, 2024	Tue	Regular Season	Horseheads	5:30 PM	8:00 PM	UEHS L
Sep 18, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 19, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 20, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 21, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Sep 23, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 25, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 26, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Sep 27, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool

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Sep 28, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Sep 30, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 1, 2024	Tue	Regular Season	Binghamton	5:30 PM	8:00 PM	UEHS L
Oct 2, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 3, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 4, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 5, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Oct 7, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 9, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 10, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 11, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 15, 2024	Tue	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 16, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 17, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 18, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 19, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Oct 21, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 23, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 24, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 25, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 25, 2024	Fri	Regular Season	Johnson City	, 5:30 PM	8:00 PM	UEHS L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LEAGUE LOCATION TRANSPORTATION / NON- LEAGUE
Oct 26, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Oct 28, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 30, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Oct 31, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Nov 1, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Nov 2, 2024	Sat	Practice (Swim & Dive Practice (Swim 8-10:30am; Dive 11:15am -1pm))	N/A	8:00 AM	1:00 PM	UEHS Pool
Nov 4, 2024	Mon	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Nov 5, 2024	Tue	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Nov 6, 2024	Wed	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Nov 7, 2024	Thu	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool
Nov 8, 2024	Fri	Practice (Swim & Dive Practice (Swim 3:45-6:15pm; Dive 6:15-8pm))	N/A	3:45 PM	8:00 PM	UEHS Pool

Date: 2024-07-21