

Valley Central

(G) V Swimming/Diving

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2023	Thu	Regular Season	Hyde Park	TBD		Valley Central High School		L
Sep 9, 2023	Sat	Regular Season (Invitational)	Our Lady of Lourdes, Kingston, Monroe-Woodbury, Pine Bush, Florida, S.S. Seward Institute, Warwick Valley, Washingtonville @ Newburgh HS	9:00 AM		Newburgh HS		NL
Sep 22, 2023	Fri	Regular Season (Invitational In the Glen - Day 1 - Live Stream on NFHS)	Notre Dame, Elmira, Lansing, Shenendehowa High School, Skaneateles, Wallkill, Fairport, Albany Academies, Hilton, Corning-Painted Post, Southern Cayuga, Waverly, Horseheads, Burnt Hills-Ballston Lake HS, Whitney Point @ Watkins Glen (Storm)	4:30 PM	8:00 PM	W G Pool		NL
Sep 23, 2023	Sat	Regular Season (Invitational In the Glen - Day 2 Diving 9:30 AM & Swimming 2 PM - NFHS Live Stream Swim Only)	Notre Dame, Elmira, Lansing, Shenendehowa High School, Skaneateles, Wallkill, Fairport, Albany Academies, Hilton, Burnt Hills-Ballston Lake HS, Corning-Painted Post, Southern Cayuga, Waverly, Horseheads, Whitney Point @ Watkins Glen (Storm)	9:30 AM	8:00 PM	W G Pool		NL

Date: 2026-01-16