



West Canada Valley

(G) V Swimming/Diving

Coaches:

- Alyson Good, Head Coach
- Les Dalmata, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|-------------------------------|---------------------------------------|--------------------------------------|---------------------|
| Sep 5, 2019 | Thu | Regular Season | Holland Patent | 4:30 PM | | WCV Pool | | | L |
| Sep 10, 2019 | Tue | Regular Season | @ Adirondack | 4:30 PM | | Pool | Bus/Driver: West Canada Valley CSD | Departure Time: 2:45 PM | L |
| Sep 12, 2019 | Thu | Regular Season | Rome Free Academy | 4:30 PM | | WCV Pool | | | L |
| Sep 19, 2019 | Thu | Regular Season | Cooperstown (Cooperstown/Milford) | 4:30 PM | | WCV Pool | | | L |
| Sep 20, 2019 | Fri | Regular Season (B Invitational) | South Lewis, Beaver River, Carthage, Adirondack @ Lowville | 5:00 PM | | Lowville High School Main Gym | | | NL |
| Sep 24, 2019 | Tue | Regular Season 80-94 L | @ Utica Proctor | TBD | | PHS Swimming Pool | Bus/Driver: West Canada Valley CSD | Departure Time: 3:00 PM | L |
| Sep 26, 2019 | Thu | Regular Season | @ Whitesboro | 5:00 PM | | Utica University | Bus/Driver: West Canada Valley CSD | Departure Time: 3:15 PM | L |
| Oct 1, 2019 | Tue | Regular Season | @ Holland Patent | 4:30 PM | | TBD | Bus/Driver: West Canada Valley CSD | Departure Time: 2:45 PM | L |
| Oct 3, 2019 | Thu | Regular Season | Adirondack | 4:30 PM | | Pool | | | L |
| Oct 8, 2019 | Tue | Regular Season | Skaneateles @ Rome (League Game) Free Academy | 5:00 PM | | RFA Pool | Bus/Driver: West Canada Valley CSD | Departure Time: 3:15 PM | L |
| Oct 15, 2019 | Tue | Regular Season | @ Cooperstown (Cooperstown/Milford) | 5:00 PM | | Clark's Sports Center | Bus/Driver: West Canada Valley CSD | Departure Time: 2:45 PM | L |
| Oct 17, 2019 | Thu | Regular Season 95-79 W | Utica Proctor | 4:30 PM | | WCV Pool | | | L |
| Oct 18, 2019 | Fri | Regular Season (League Diving Championships) | Rome Free Academy, Whitesboro, Adirondack, Cooperstown (Cooperstown/Milford), Holland Patent @ Utica Proctor | 5:00 PM | | PHS Swimming Pool | Bus/Driver: West Canada Valley CSD | Return Date: Return Time: 2:30 PM | L |
| Oct 18, 2019 | Fri | Regular Season | @ South Lewis | 5:00 PM | | South Lewis High School Pool | Bus/Driver: West Canada Valley CSD | Departure Time: 2:30 PM | NL |
| Oct 22, 2019 | Tue | Regular Season | Whitesboro | 5:30 PM | | TBD | | | L |
| Oct 25, 2019 | Fri | Regular Season (Swim Championships) | @ TBD | TBD | | TBD | Bus/Driver: West Canada Valley CSD | | L |

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|--------------|-------------|-------------------------------|---|---------------|-------------|----------------------------|-----------|----------------|----------------------------|
| Oct 30, 2019 | Wed | Regular Season (Pink Meet) | Holland Patent, Rome Free Academy, Adirondack, Whitesboro, Cooperstown (Cooperstown/Milford), Utica Proctor @ New Hartford | 5:00 PM | | New Hartford HS Pool | | | L |

Date: 2026-01-20