



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 10, 2024	Tue	Regular Season	@ Adirondack	6:00 PM	8:00 PM	South Lewis High School	Departure Time: 3:45 PM		L
Sep 12, 2024	Thu	Regular Season	Cooperstown (Cooperstown/Milford)	5:00 PM		WCV Pool			NL
Sep 19, 2024	Thu	Regular Season	@ Utica Proctor	4:30 PM		PHS Swimming Pool	Departure Time: 3:00 PM		L
Sep 24, 2024	Tue	Regular Season	New Hartford	4:30 PM		WCV Pool			L
Sep 26, 2024	Thu	Regular Season	@ Holland Patent	5:00 PM	7:00 PM	Holland Patent HS-Pool	Departure Time: 3:00 PM		L
Oct 1, 2024	Tue	Regular Season	Adirondack	5:00 PM		WCV Pool			L
Oct 5, 2024	Sat	Regular Season (Tri Meet)	Cooperstown (Cooperstown/Milford), New Hartford @ Utica Proctor	9:00 AM		PHS Swimming Pool			L
Oct 8, 2024	Tue	Regular Season	Utica Proctor	4:30 PM		WCV Pool	Bus/Driver: West Canada Valley CSD		L
Oct 10, 2024	Thu	Regular Season	Rome Free Academy @ Cooperstown (Cooperstown/Milford)	5:00 PM		Clark's Sports Center	Departure Time: 2:45 PM		L
Oct 15, 2024	Tue	Regular Season	Holland Patent	4:30 PM	6:30 PM	WCV Pool			L
Oct 17, 2024	Thu	Regular Season	New Hartford, Holland Patent @ Cooperstown (Cooperstown/Milford)	5:00 PM	7:00 PM	Clark's Sports Center	Departure Time: 3:15 PM		L
Oct 21, 2024	Mon	Regular Season	@ Rome Free Academy	4:30 PM		RFA Pool	Departure Time: 2:45 PM		L
Oct 24, 2024	Thu	Regular Season (Diving Championships)	Adirondack, Cooperstown (Cooperstown/Milford), Holland Patent, New Hartford, Utica Proctor @ Rome Free Academy	5:00 PM		RFA Pool	Departure Time: 2:30 PM		L
Oct 25, 2024	Fri	Regular Season (swimming championships)	Adirondack, Cooperstown (Cooperstown/Milford), Holland Patent, Utica Proctor @ Rome Free Academy	5:00 PM	8:00 PM	RFA Pool, RFA Auxilliary Gym	Departure Time: 2:45 PM		L
Nov 2, 2024	Sat	Post-Season (Sectional Diving)	@ TBD	2:45 PM		Nottingham High School (Pool)	Bus/Driver: West Canada Valley CSD		NL
Nov 5, 2024	Tue	Post-Season (State Qualifier Diving)	@ TBD	2:30 PM		Nottingham High School (Pool)	Bus/Driver: West Canada Valley CSD		NL

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Nov 6, 2024	Wed	Post-Season (Sectional Meet)	@ TBD	2:30 PM		Nottingham High School (Pool)	Bus/Driver: West Canada Valley CSD	Departure Time: 11:30 AM	NL

Date: 2025-12-05