



# Chenango Forks

## (G) 7/8TH Swimming/Diving

### Coaches:

- Cory Helfrich

| DATE         | WEEK DAY | TYPE           | OPPONENTS                       | START TIME | END TIME | LOCATION  | TRANSPORTATION                                 | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|---------------------------------|------------|----------|-----------|--|---------------------|
| Sep 6, 2023  | Wed      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 7, 2023  | Thu      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 8, 2023  | Fri      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 9, 2023  | Sat      | Practice       | N/A                             | 9:00 AM    |          | Greene HS | Departure Point: 10<br>Departure Time: 8:30 AM |                     |
| Sep 11, 2023 | Mon      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 12, 2023 | Tue      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 13, 2023 | Wed      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 14, 2023 | Thu      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 15, 2023 | Fri      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 16, 2023 | Sat      | Practice       | N/A                             | 9:00 AM    |          | Greene HS | Departure Point: 10<br>Departure Time: 8:30 AM |                     |
| Sep 18, 2023 | Mon      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 19, 2023 | Tue      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 20, 2023 | Wed      | Practice       | N/A                             | 3:30 PM    |          | Greene HS | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 21, 2023 | Thu      | Regular Season | Oneonta @<br>Susquehanna Valley | 5:30 PM    | 7:00 PM  | SVHS Pool | Departure Point: 7<br>Departure Time: 4:15 PM  | L                   |

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|--------------|----------|----------------|---------------------------|------------|----------|--------------------------|--|---------------------|
| Sep 22, 2023 | Fri      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 23, 2023 | Sat      | Practice       | N/A                       | 9:00 AM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 8:30 AM |                     |
| Sep 25, 2023 | Mon      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 26, 2023 | Tue      | Regular Season | @ Windsor                 | 5:30 PM    | 7:30 PM  | Windsor High School Pool | Departure Point: 7<br>Departure Time: 4:15 PM  | L                   |
| Sep 27, 2023 | Wed      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 28, 2023 | Thu      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Sep 29, 2023 | Fri      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Oct 2, 2023  | Mon      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Oct 3, 2023  | Tue      | Regular Season | @ Windsor                 | 5:30 PM    | 6:45 PM  | Windsor High School Pool | Departure Point: 10                            | L                   |
| Oct 4, 2023  | Wed      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Oct 5, 2023  | Thu      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Oct 6, 2023  | Fri      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 3:15 PM |                     |
| Oct 7, 2023  | Sat      | Practice       | N/A                       | 9:00 AM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 8:30 AM |                     |
| Oct 10, 2023 | Tue      | Practice       | N/A                       | 3:30 PM    |          | Greene HS                |  |                     |
| Oct 11, 2023 | Wed      | Regular Season | Oneonta @ Chenango Valley | 5:45 PM    | 7:30 PM  | CV - HS Pool             | Departure Point: 7<br>Departure Time: 4:15 PM  | L                   |
| Oct 14, 2023 | Sat      | Practice       | N/A                       | 9:00 AM    |          | Greene HS                | Departure Point: 10<br>Departure Time: 8:30 AM |                     |

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|--------------|----------|----------------|-----------------------------------|------------|----------|------------|--|---------------------|
| Oct 16, 2023 | Mon      | Regular Season | Susquehanna Valley @ Johnson City | 5:30 PM    | 7:30 PM  | JC HS Pool | <b>Departure Point:</b> 7<br><b>Departure Time:</b> 4:15 PM  | L                   |
| Oct 17, 2023 | Tue      | Practice       | N/A                               | 3:30 PM    |          | Greene HS  | <b>Departure Point:</b> 10<br><b>Departure Time:</b> 3:15 PM |                     |
| Oct 18, 2023 | Wed      | Practice       | N/A                               | 3:30 PM    |          | Greene HS  | <b>Departure Point:</b> 10<br><b>Departure Time:</b> 3:15 PM |                     |
| Oct 19, 2023 | Thu      | Regular Season | Norwich @ Johnson City            | 5:30 PM    | 7:00 PM  | JC HS Pool | <b>Departure Point:</b> 7<br><b>Departure Time:</b> 4:15 PM  | L                   |
| Oct 20, 2023 | Fri      | Practice       | N/A                               | 3:30 PM    |          | Greene HS  | <b>Departure Point:</b> 10<br><b>Departure Time:</b> 3:15 PM |                     |

Date: 2025-12-05