



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 4, 2025	Thu	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 5, 2025	Fri	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 6, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		
Sep 8, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 9, 2025	Tue	Practice	N/A	3:15 PM		Chenango Valley	Departure Point: 7 Departure Time: 3:00 PM	
Sep 10, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 11, 2025	Thu	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 12, 2025	Fri	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 13, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		
Sep 15, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 16, 2025	Tue	Practice	N/A	3:15 PM		Chenango Valley	Departure Point: 7 Departure Time: 3:00 PM	
Sep 17, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 18, 2025	Thu	Regular Season	@ Windsor	5:30 PM	7:30 PM	Windsor High School Pool	Departure Point: 7 Departure Time: 4:00 PM	L
Sep 19, 2025	Fri	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 20, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 23, 2025	Tue	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 24, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 25, 2025	Thu	Regular Season	Johnson City @ Susquehanna Valley	5:00 PM	8:00 PM	SVHS Pool	Departure Point: 7 Departure Time: 3:30 PM	L
Sep 26, 2025	Fri	Practice	N/A	3:30 PM		Chenango Valley	Departure Point: 7 Departure Time: 3:00 PM	
Sep 27, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		
Sep 29, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Sep 30, 2025	Tue	Regular Season (Pink The Pool)	@ Windsor	5:30 PM		Windsor High School Pool	Departure Time: 4:00 PM	L
Oct 1, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 2, 2025	Thu	Regular Season	@ Windsor	5:30 PM	6:45 PM	Windsor High School Pool	Departure Point: 7 Departure Time: 4:00 PM	L
Oct 3, 2025	Fri	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 4, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		
Oct 6, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 7, 2025	Tue	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 8, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 9, 2025	Thu	Regular Season	Oneonta @ Chenango Valley	5:30 PM	7:30 PM	CV - HS Pool	Departure Time: 4:15 PM	L
Oct 10, 2025	Fri	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 11, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2025	Tue	Practice	N/A	3:15 PM		Chenango Valley	Departure Point: 7 Departure Time: 3:00 PM	
Oct 15, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 16, 2025	Thu	Regular Season	Susquehanna Valley @ Oneonta	5:30 PM	7:30 PM	Oneonta High School	Departure Point: 7 Departure Time: 3:30 PM	L
Oct 17, 2025	Fri	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 18, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		
Oct 20, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 21, 2025	Tue	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 22, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 23, 2025	Thu	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 25, 2025	Sat	Practice	N/A	10:30 AM		Chenango Valley		
Oct 27, 2025	Mon	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 28, 2025	Tue	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 29, 2025	Wed	Practice	N/A	5:00 PM		Chenango Valley	Departure Point: 7 Departure Time: 4:30 PM	
Oct 30, 2025	Thu	Regular Season (Maine Endwell Invitational)	@ TBD	4:00 PM		Maine-Endwell HS Pool	Departure Point: 7 Departure Time: 3:30 PM	NL

Date: 2025-12-06