



# Corning-Painted Post

## (G) V Swimming/Diving

### Coaches:

- Alyssa Helsing, Head Coach
- Anthony Furstoss, Asst Coach
- Anthony Bartone, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2022	Fri	Regular Season	@ Maine-Endwell	5:30 PM	7:00 PM	Maine-Endwell HS Pool	<b>Class Dismissal:</b> 2:40 PM	<b>Departure Point:</b> High School <b>Departure Time:</b> 2:50 PM	L
Sep 10, 2022	Sat	Regular Season (2022 Wolverine Swim & Dive Invite)	@ TBD	11:00 AM		Waverly High School		<b>Departure Point:</b> High School Pool <b>Departure Time:</b> 9:40 AM	NL
Sep 13, 2022	Tue	Regular Season	@ Johnson City	5:30 PM	7:00 PM	JC HS Pool	<b>Class Dismissal:</b> 2:40 PM	<b>Departure Time:</b> 2:50 PM	L
Sep 23, 2022	Fri	Regular Season (Invitational In The Glen)	Notre Dame, Elmira, Southern Cayuga, Shenendehowa High School, Ithaca, Hilton, Skaneateles @ Watkins Glen (Storm)	4:30 PM		W G Pool	<b>Class Dismissal:</b> 2:15 PM	<b>Departure Time:</b> 2:25 PM	NL
Sep 24, 2022	Sat	Regular Season (Invitational In The Glen Day 2 - Diving 9:30 PM & Swimming 2 PM )	Notre Dame, Elmira, Southern Cayuga, Shenendehowa High School, Ithaca, Hilton, Skaneateles @ Watkins Glen (Storm)	9:30 AM		W G Pool		<b>Departure Point:</b> High School <b>Departure Time:</b> 7:30 AM	NL
Sep 28, 2022	Wed	Regular Season	@ Vestal	5:30 PM	7:00 PM	Vestal High School	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Time:</b> 2:55 PM	L
Oct 25, 2022	Tue	Regular Season	@ Ithaca	5:30 PM	7:00 PM	IHS Pool (C150)	<b>Class Dismissal:</b> 2:45 PM	<b>Departure Time:</b> 2:55 PM	L

Date: 2022-08-18