



Corning-Painted Post

(B) V Swimming/Diving

Coaches:

- Alyssa Helsing, Head Coach
- Anthony Furstoss

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 5, 2023	Tue	Regular Season 92-61 W	@ Binghamton	5:30 PM	8:00 PM	East Middle School Pool	Class Dismissal: 2:35 PM	Departure Point: High School Pool Departure Time: 2:45 PM	L
Dec 15, 2023	Fri	Regular Season (Elmira Invitational Diving)	@ TBD	5:00 PM		Ernie Davis Academy Natatorium	Class Dismissal: 2:30 PM	Departure Point: High School Pool Departure Time: 2:40 PM	NL
Dec 16, 2023	Sat	Regular Season (Elmira Invitational Swimming)	@ TBD	10:15 AM		Ernie Davis Academy Natatorium		Departure Point: High School Pool Departure Time: 8:00 AM	NL
Dec 21, 2023	Thu	Regular Season 50-52 L	@ Union-Endicott	5:30 PM	8:00 PM	UEHS Pool	Class Dismissal: 2:40 PM	Departure Point: High School Pool Departure Time: 2:50 PM	L
Jan 5, 2024	Fri	Regular Season (Invitational In the Glen - Day 1)	Marcus Whitman, Chenango Valley, Fairport, Horseheads, Johnson City, Lansing, Maine-Endwell, New Paltz, Owego Apalachin, Shenendehowa High School, Southern Cayuga, Sweet Home, TBD @ Watkins Glen (Storm)	4:30 PM	7:30 PM	W G Pool	Class Dismissal: 2:00 PM	Departure Time: 2:10 PM	NL
Jan 6, 2024	Sat	Regular Season (Invitational in the Glen Diving)	@ TBD	8:30 AM		Watkins Glen High School		Departure Point: High School Pool Departure Time: 6:45 AM	NL
Jan 6, 2024	Sat	Regular Season (Invitational In the Glen - Day 2 Diving 8:30 & Swimming 12 PM)	Marcus Whitman, Horseheads, Chenango Valley, Fairport, Johnson City, Lansing, Maine-Endwell, New Paltz, Owego Apalachin, Shenendehowa High School, Southern Cayuga, Sweet Home, TBD @ Watkins Glen (Storm)	8:30 AM	3:30 PM	W G Pool			NL

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Jan 6, 2024	Sat	Regular Season (Invitational in the Glen - Swimming Flnals)	@ TBD	12:00 PM		Watkins Glen High School		Departure Point: High School Pool Departure Time: 9:15 AM	NL
Jan 13, 2024	Sat	Regular Season (11th Annual Wolverine Invitational - Diving)	@ TBD	10:00 AM		Waverly High School		Departure Point: High School Pool Departure Time: 7:40 AM	NL
Jan 13, 2024	Sat	Regular Season (11th Annual Wolverine Invitational - Swimming)	@ TBD	2:00 PM		Waverly High School Pool		Departure Point: High School Pool Departure Time: 11:30 AM	NL
Jan 17, 2024	Wed	Regular Season 78-108 L	@ Horseheads	5:30 PM	8:00 PM	HHS HS Pool		Departure Point: High School Pool Departure Time: 3:40 PM	L
Jan 19, 2024	Fri	Regular Season 88-81 W	@ Elmira	5:30 PM	8:00 PM	EDA Pool		Departure Point: High School Pool Departure Time: 3:30 PM	L
Feb 13, 2024	Tue	Regular Season (Sectionals - Diving portion)	@ TBD	3:15 PM		Ernie Davis Academy Natatorium	Bus/Driver: Drop-off Transportation for Coach and 2 divers Class Dismissal: 1:00 PM	Departure Point: High School Pool	L
Feb 14, 2024	Wed	Post-Season (Swimming Prelims)	@ TBD	5:00 PM		Ernie Davis Academy Natatorium	Class Dismissal: 2:15 PM	Departure Point: High School Pool Departure Time: 2:25 PM	L
Feb 17, 2024	Sat	Post-Season (Section IV Class A Finals)	Elmira, Binghamton, Ithaca, Union-Endicott, Vestal, Horseheads @ Watkins Glen (Storm)	3:30 PM		W G Pool		Departure Point: High School Pool Departure Time: 1:10 PM	NL
Feb 29, 2024	Thu	Post-Season (Warm-up for States)	@ TBD	2:00 PM	8:00 PM	Ithaca College	Bus/Driver: Van needed for coach to drive student and herself up and back Class Dismissal: 12:50 PM	Departure Point: High School Pool Departure Time: 1:00 PM	L
Mar 1, 2024	Fri	Post-Season (Warm-up for Diving)	@ TBD	2:00 PM		Ithaca College	Bus/Driver: Driver need for tis one--Just a drop off needed, driver does not need to stay Class Dismissal: 8:40 AM	Departure Point: High School Pool Departure Time: 8:50 AM	L

Date: 2024-05-08