



# Elmira

## (B) V Swimming/Diving

### Coaches:

- Keith Ess, Head Coach
- Maria Qualiana, Asst Coach
- Allison Newkirk

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 14, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 15, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 16, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 17, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 18, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Nov 20, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 21, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Nov 25, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Nov 27, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 28, 2023	Tue	Regular Season 83-93 L	Johnson City	6:00 PM	8:30 PM	EDA Pool		L
Nov 29, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Nov 30, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 1, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 2, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Dec 4, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 6, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 7, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 8, 2023	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 11, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 13, 2023	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 14, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Dec 15, 2023	Fri	Regular Season (Elmira Swim/Diving Invitational)	TBD	3:30 PM		EDA Pool		L
Dec 16, 2023	Sat	Regular Season (Elmira Invitational-Swimming)	Horseheads	8:00 AM		EDA Pool		L
Dec 16, 2023	Sat	Regular Season (Elmira Swim/Diving Invitational)	TBD	9:00 AM	5:00 PM	EDA Pool		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Dec 18, 2023	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Dec 19, 2023	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Dec 21, 2023	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Dec 22, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Dec 26, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Dec 27, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Dec 28, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Dec 29, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Dec 30, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Jan 2, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 4, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 5, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 6, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Jan 8, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 10, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 11, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 12, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 15, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	EDA Pool	
Jan 16, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 18, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 19, 2024	Fri	Regular Season 81-88 L	Corning-Painted Post	5:30 PM	8:00 PM	EDA Pool	L
Jan 22, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 23, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 24, 2024	Wed	Regular Season 89-74 W	Owego Apalachin	5:30 PM		EDA Pool	NL
Jan 25, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 26, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 29, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	
Jan 30, 2024	Tue	Regular Season 80-93 L	Ithaca	5:30 PM	8:00 PM	EDA Pool	L
Jan 31, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 2, 2024	Fri	Regular Season 83-96 L	Maine-Endwell	5:30 PM	8:00 PM	EDA Pool		L
Feb 3, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	EDA Pool		
Feb 5, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 6, 2024	Tue	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 7, 2024	Wed	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 8, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 9, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 10, 2024	Sat	Practice	N/A	7:00 AM	8:30 AM	EDA Pool		
Feb 12, 2024	Mon	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 13, 2024	Tue	Regular Season (Section IV Diving Finals)	TBD	9:00 AM	8:00 PM	EDA Pool		L
Feb 14, 2024	Wed	Regular Season (Section IV Prelims)	TBD	3:30 PM	9:00 PM	EDA Pool		L
Feb 15, 2024	Thu	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		
Feb 16, 2024	Fri	Practice	N/A	3:45 PM	5:30 PM	EDA Pool		

Date: 2024-05-15