



Johnson City

(G) V Swimming/Diving

Coaches:

- Kristen Tocheny, Head Coach
- Ashlee Kohlbach, Asst Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------|-----------|------------|----------|-------------------|-----------|----------------|---------------------|
| Aug 22, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 23, 2022 | Tue | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 24, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 25, 2022 | Thu | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 26, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 27, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |
| Aug 29, 2022 | Mon | Practice | N/A | 3:00 PM | 3:30 PM | JC HS Weight Room | | | |
| Aug 29, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 30, 2022 | Tue | Practice | N/A | 3:00 PM | 3:30 PM | JC HS Weight Room | | | |
| Aug 30, 2022 | Tue | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Aug 31, 2022 | Wed | Practice | N/A | 3:00 PM | 3:30 PM | JC HS Weight Room | | | |
| Aug 31, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Sep 1, 2022 | Thu | Practice | N/A | 3:00 PM | 3:30 PM | JC HS Weight Room | | | |
| Sep 1, 2022 | Thu | Regular Season 110-61 W | Windsor | 5:00 PM | 7:00 PM | JC HS Pool | | | NL |
| Sep 2, 2022 | Fri | Practice | N/A | 3:00 PM | 3:30 PM | JC HS Weight Room | | | |
| Sep 2, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Sep 3, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |
| Sep 5, 2022 | Mon | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |
| Sep 6, 2022 | Tue | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Sep 7, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Sep 8, 2022 | Thu | Regular Season 83-96 L | Elmira | 5:30 PM | 7:00 PM | JC HS Pool | | | L |
| Sep 9, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Sep 10, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|----------------------|------------|----------|---------------------|-----------------------------|--|
| Sep 10, 2022 | Sat | Regular Season (Owego Early Bird Dive Invitational) | @ TBD | 10:15 AM | 2:00 PM | OFA Pool | Bus/Driver: Suburban | Departure Point: HS Departure Date: Sep 10, 2022 Departure Time: 8:15 AM Return Date: Sep 10, 2022 Return Time: 2:00 PM NL |
| Sep 12, 2022 | Mon | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 13, 2022 | Tue | Regular Season 79-94 L | Corning-Painted Post | 5:30 PM | 7:00 PM | JC HS Pool | | L |
| Sep 14, 2022 | Wed | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 15, 2022 | Thu | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 16, 2022 | Fri | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 17, 2022 | Sat | Regular Season (JC Relays - Diving) | TBD | 9:00 AM | 10:15 AM | JC HS Pool | | NL |
| Sep 17, 2022 | Sat | Regular Season (JC Relays - Swimming) | TBD | 11:00 AM | 2:00 PM | JC HS Pool | | NL |
| Sep 19, 2022 | Mon | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 21, 2022 | Wed | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 22, 2022 | Thu | Regular Season 72-107 L | @ Oneonta | 6:00 PM | | Oneonta High School | | Departure Point: HS Departure Date: Sep 22, 2022 Departure Time: 4:15 PM Return Date: Sep 22, 2022 Return Time: 8:45 PM NL |
| Sep 23, 2022 | Fri | Practice | N/A | 2:30 PM | 5:30 PM | JC HS Pool | | |
| Sep 24, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | |
| Sep 26, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Sep 27, 2022 | Tue | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Sep 28, 2022 | Wed | Regular Season 85-98 L | Ithaca | 5:30 PM | 7:00 PM | JC HS Pool | | L |
| Sep 29, 2022 | Thu | Practice | N/A | 3:30 PM | 4:30 PM | JC HS Pool | | |
| Sep 29, 2022 | Thu | Regular Season 78-92 L | @ Vestal | 5:30 PM | 7:00 PM | Vestal High School | | Departure Point: HS Departure Date: Sep 29, 2022 Departure Time: 4:15 PM Return Date: Sep 29, 2022 Return Time: 7:30 PM L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|----------------------|------------|----------|-----------------------|---|---------------------|
| Sep 30, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 3, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 4, 2022 | Tue | Regular Season 67-109 L | @ Horseheads | 6:00 PM | 8:00 PM | HHS HS Pool | | L |
| | | | | | | | Departure Point: HS Departure Date: Oct 4, 2022 Departure Time: 4:15 PM Return Date: Oct 4, 2022 Return Time: 9:30 PM | |
| Oct 5, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 6, 2022 | Thu | Regular Season 101-59 W | @ Susquehanna Valley | 5:30 PM | 7:00 PM | SVHS Pool | | NL |
| | | | | | | | Departure Point: HS Departure Date: Oct 6, 2022 Departure Time: 4:15 PM Return Date: Oct 6, 2022 Return Time: 8:15 PM | |
| Oct 7, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 8, 2022 | Sat | Regular Season (ME Diving Invite) | @ TBD | 8:00 AM | 11:00 AM | Maine-Endwell HS Pool | Bus/Driver: Suburban | NL |
| | | | | | | | Departure Point: HS Departure Date: Oct 8, 2022 Departure Time: 7:30 AM Return Date: Oct 8, 2022 Return Time: 12:00 PM | |
| Oct 8, 2022 | Sat | Regular Season (Maine-Endwell Invitational) | @ TBD | 12:00 PM | 4:00 PM | Maine-Endwell HS Pool | | NL |
| | | | | | | | Departure Point: HS Departure Date: Oct 8, 2022 Departure Time: 11:00 AM Return Date: Oct 8, 2022 Return Time: 6:00 PM | |
| Oct 10, 2022 | Mon | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | |
| Oct 11, 2022 | Tue | Regular Season 86-97 L | Maine-Endwell | 5:30 PM | 7:00 PM | JC HS Pool | | L |
| Oct 12, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 13, 2022 | Thu | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 14, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |
| Oct 15, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | |
| Oct 17, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | |

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| Oct 18, 2022 | Tue | Regular Season | @ Binghamton | 5:30 PM | 7:00 PM | East Middle School Pool | | | L |
| | | | | | | | | Departure Point: HS Departure Date: Oct 18, 2022 Departure Time: 4:15 PM Return Date: Oct 18, 2022 Return Time: 7:45 PM | |
| Oct 19, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 20, 2022 | Thu | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 21, 2022 | Fri | Regular Season (Senior Night (5:10pm)) | @ Union-Endicott | 5:30 PM | 7:00 PM | UEHS Pool | | | L |
| | | | | | | | | Departure Point: HS Departure Date: Oct 21, 2022 Departure Time: 4:15 PM Return Date: Oct 21, 2022 Return Time: 8:00 PM | |
| Oct 22, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |
| Oct 24, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 25, 2022 | Tue | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 26, 2022 | Wed | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 27, 2022 | Thu | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 28, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Oct 29, 2022 | Sat | Practice | N/A | 10:00 AM | 12:30 PM | JC HS Pool | | | |
| Oct 31, 2022 | Mon | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Nov 1, 2022 | Tue | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Nov 2, 2022 | Wed | Post-Season (Sectional Pre-Lims) | @ TBD | 5:00 PM | 8:30 PM | Maine-Endwell HS Pool | Class Dismissal: 1:15 PM | | NL |
| | | | | | | | | Departure Point: HS Departure Date: Nov 2, 2022 Departure Time: 2:00 PM Return Date: Nov 2, 2022 Return Time: 8:00 PM | |
| Nov 3, 2022 | Thu | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Nov 4, 2022 | Fri | Post-Season (Diving Sectionals) | @ TBD | 11:00 AM | 3:00 PM | Maine-Endwell HS Pool | Bus/Driver: Suburban Class Dismissal: 8:15 AM | | NL |
| | | | | | | | | Departure Point: HS Departure Date: Nov 4, 2022 Departure Time: 8:30 AM Return Date: Nov 4, 2022 Return Time: 3:00 PM | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|-------------|----------|--------------------------------|-----------|------------|----------|-----------------------|-----------|----------------|---------------------|
| Nov 4, 2022 | Fri | Practice | N/A | 3:30 PM | 6:00 PM | JC HS Pool | | | |
| Nov 5, 2022 | Sat | Post-Season (Sectional Finals) | @ TBD | 4:00 PM | 7:00 PM | Maine-Endwell HS Pool | | | |

Departure Point: HS
Departure Date: Nov 5, 2022
Departure Time: 1:30 PM NL
Return Date: Nov 5, 2022
Return Time: 8:30 PM

Date: 2022-12-10