



# Johnson City

## (B) 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
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 15, 2023	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 20, 2023	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 25, 2023	Sat	Practice	N/A	10:00 AM	11:00 AM	JC HS Weight Room			
Nov 25, 2023	Sat	Practice	N/A	11:00 AM	12:30 PM	JC HS Pool			
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 28, 2023	Tue	Regular Season 93-83 W	@ Elmira	6:00 PM	8:30 PM	EDA Pool			<b>Departure Point:</b> HS <b>Departure Date:</b> Nov 28, 2023 <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> Nov 28, 2023 <b>Return Time:</b> 8:45 PM
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 9, 2023	Sat	Regular Season (JC Relays - Diving)	TBD	10:00 AM	12:00 PM	JC HS Pool			NL
Dec 9, 2023	Sat	Regular Season (JC Relays)	TBD	1:30 PM	5:00 PM	JC HS Pool			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 12, 2023	Tue	Regular Season 76-98 L	@ Corning-Painted Post	6:00 PM	8:00 PM	C P P High School			L
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 15, 2023	Fri	Regular Season (Elmira Invitational - Diving)	@ TBD	3:30 PM		EHS Pool	Bus/Driver: Suburban	Departure Point: HS	L
Dec 16, 2023	Sat	Regular Season (Elmira Invitational - Swimming)	@ TBD	9:00 AM	2:30 PM	EHS Pool		<b>Departure Point:</b> HS - pool entrance <b>Departure Date:</b> Dec 16, 2023 <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> Dec 16, 2023 <b>Return Time:</b> 2:30 PM	L
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 19, 2023	Tue	Regular Season 83-96 L	Vestal	5:30 PM	8:00 PM	JC HS Pool			L
Dec 20, 2023	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Dec 21, 2023	Thu	Regular Season 87-93 L	@ Ithaca	6:00 PM	8:00 PM	IHS Pool (C150)		<b>Departure Point:</b> HS pool entrance <b>Departure Date:</b> Dec 21, 2023 <b>Departure Time:</b> 4:15 PM <b>Return Date:</b> Dec 21, 2023 <b>Return Time:</b> 9:00 PM	L
Dec 22, 2023	Fri	Practice	N/A	3:15 PM	6:00 PM	JC HS Pool			
Dec 26, 2023	Tue	Practice	N/A	10:30 AM	1:00 PM	JC HS Pool			
Dec 27, 2023	Wed	Practice	N/A	10:30 AM	1:00 PM	JC HS Pool			
Dec 28, 2023	Thu	Practice	N/A	10:30 AM	1:00 PM	JC HS Pool			
Dec 29, 2023	Fri	Regular Season (Chenango Valley Swimming Invitational)	@ TBD	9:00 AM		CV - HS Pool		<b>Departure Point:</b> HS <b>Departure Date:</b> Dec 29, 2023 <b>Departure Time:</b> 8:30 AM <b>Return Date:</b> Dec 29, 2023 <b>Return Time:</b> 2:00 PM	L
Dec 29, 2023	Fri	Regular Season	Windsor, Norwich @ Chenango Valley	10:00 AM	12:00 PM	CV - HS Pool			NL
Dec 30, 2023	Sat	Practice	N/A	10:30 AM	1:00 PM	JC HS Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 2, 2024	Tue	Practice	N/A	3:15 PM	6:00 PM	JC HS Pool			
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 5, 2024	Fri	Regular Season (Invitational in the Glen)	@ TBD	4:30 PM	7:30 PM	W G Pool	<b>Bus/Driver:</b> Overnight	<b>Departure Point:</b> HS <b>Departure Date:</b> Jan 5, 2024 <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> Jan 6, 2024 <b>Return Time:</b> 5:00 PM	NL
Jan 5, 2024	Fri	Regular Season (Invitational In the Glen - Day 1 )	Marcus Whitman, Chenango Valley, Corning-Painted Post, Fairport, Horseheads, 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			NL
Jan 6, 2024	Sat	Regular Season (Invitational In the Glen - Day 2 Diving 8:30 & Swimming 12 PM )	Marcus Whitman, Horseheads, Chenango Valley, Corning-Painted Post, Fairport, 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
Jan 6, 2024	Sat	Regular Season (Invitational in the Glen - Diving)	@ TBD	9:00 AM	11:00 AM	W G Pool	<b>Bus/Driver:</b> Overnight	<b>Departure Point:</b> HS	NL
Jan 6, 2024	Sat	Regular Season (Invitational in the Glen)	@ TBD	2:00 PM	4:00 PM	W G Pool	<b>Bus/Driver:</b> Overnight	<b>Departure Point:</b> HS	NL
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 10, 2024	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 13, 2024	Sat	Regular Season (11th Annual Wolverine Invitational - diving)	@ TBD	9:00 AM		Waverly High School Pool	<b>Departure Point:</b> HS <b>Departure Time:</b> 8:00 AM		L
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 17, 2024	Wed	Regular Season 80-97 L	@ Maine-Endwell	5:30 PM	8:00 PM	Maine-Endwell HS Pool	<b>Departure Time:</b> 4:15 PM		L
Jan 18, 2024	Thu	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 19, 2024	Fri	Regular Season 80-96 L	Union-Endicott	5:30 PM	8:00 PM	JC HS Pool			L
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 25, 2024	Thu	Regular Season 98-82 W	Susquehanna Valley	5:30 PM	7:00 PM	JC HS Pool			NL
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 27, 2024	Sat	Regular Season (ME Invite - Diving)	@ TBD	9:00 AM	11:00 AM	Maine-Endwell HS Pool	<b>Bus/Driver:</b> Suburban	<b>Departure Point:</b> HS <b>Departure Date:</b> Jan 27, 2024 <b>Departure Time:</b> 7:15 AM <b>Return Date:</b> Jan 27, 2024 <b>Return Time:</b> 12:00 PM	NL
Jan 27, 2024	Sat	Regular Season (Maine-Endwell Invitational)	@ TBD	12:30 PM	4:30 PM	Maine-Endwell HS Pool	<b>Departure Point:</b> HS - pool entrance <b>Departure Date:</b> Jan 27, 2024 <b>Departure Time:</b> 11:00 AM <b>Return Date:</b> Jan 27, 2024 <b>Return Time:</b> 5:00 PM		L
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Jan 30, 2024	Tue	Regular Season 96-64 W	Binghamton	5:30 PM	8:00 PM	JC HS Pool			L
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	6:00 PM	JC HS Pool			
Feb 1, 2024	Thu	Regular Season 79-99 L	Horseheads	5:30 PM	8:00 PM	JC HS Pool			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 13, 2024	Tue	Post-Season (Sectional Diving Finals)	@ TBD	10:15 AM	1:15 PM	EDA Pool	<b>Bus/Driver:</b> Suburban	<b>Departure Point:</b> HS <b>Departure Date:</b> Feb 13, 2024 <b>Departure Time:</b> 7:45 AM <b>Return Date:</b> Feb 13, 2024 <b>Return Time:</b> 2:30 PM	L
Feb 14, 2024	Wed	Post-Season (Section IV Class B Prelims)	@ TBD	5:00 PM	8:00 PM	Maine-Endwell HS Pool		<b>Departure Point:</b> HS <b>Departure Date:</b> Feb 14, 2024 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> Feb 14, 2024 <b>Return Time:</b> 8:30 PM	NL
Feb 17, 2024	Sat	Post-Season (Section IV Class B Finals)	@ TBD	4:00 PM	7:30 PM	Maine-Endwell HS Pool		<b>Departure Point:</b> HS <b>Departure Date:</b> Feb 17, 2024 <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> Feb 17, 2024 <b>Return Time:</b> 8:00 PM	NL
Feb 20, 2024	Tue	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 21, 2024	Wed	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 22, 2024	Thu	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 23, 2024	Fri	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 24, 2024	Sat	Practice	N/A	10:00 AM	12:30 PM	JC HS Pool			
Feb 26, 2024	Mon	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 27, 2024	Tue	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 28, 2024	Wed	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Feb 29, 2024	Thu	Practice	N/A	4:00 PM	6:30 PM	JC HS Pool			
Mar 1, 2024	Fri	Post-Season (State Championships - Diving)	@ TBD	1:30 PM	5:30 PM	Ithaca College	<b>Bus/Driver:</b> Suburban	<b>Departure Point:</b> HS <b>Departure Date:</b> Mar 1, 2024 <b>Departure Time:</b> 7:30 AM <b>Return Date:</b> Mar 1, 2024 <b>Return Time:</b> 6:00 PM	NL

Date: 2024-04-20