



Johnson City

(B) 7/8TH Swimming/Diving

Coaches:

- Alex Sprague-Getsy, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Dec 5, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Dec 7, 2022	Wed	Regular Season	Vestal @ Maine-Endwell	5:30 PM	7:00 PM	Maine-Endwell HS Pool	Departure Time: 4:30 PM	L
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	JC HS Pool		
Jan 4, 2023	Wed	Regular Season	TBD @ Maine-Endwell	5:30 PM	7:00 PM	Maine-Endwell HS Pool	Departure Time: 4:15 PM	L
Jan 19, 2023	Thu	Regular Season	Vestal @ Owego Apalachin	5:30 PM	7:00 PM	OFA Pool	Departure Time: 4:15 PM	L
Jan 24, 2023	Tue	Regular Season	Horseheads, Union-Endicott	5:30 PM	7:00 PM	JC HS Pool		L
Jan 26, 2023	Thu	Regular Season	Union-Endicott, Vestal	5:30 PM	7:00 PM	JC HS Pool		L
Feb 1, 2023	Wed	Regular Season	Corning-Painted Post, Owego Apalachin	5:30 PM	7:00 PM	JC HS Pool		L

Date: 2025-12-06