



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 27, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Nov 29, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 7, 2023	Thu	Regular Season	Union-Endicott @ Vestal	5:30 PM	7:30 PM	Vestal High School Pool	Departure Point: HS Departure Time: 4:30 PM	L
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 14, 2023	Thu	Regular Season	Horseheads, Waverly	5:30 PM	7:30 PM	JC HS Pool		L
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 20, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 4, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		

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Jan 5, 2024	Fri	Regular Season	Horseheads @ Maine-Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool	Departure Point: HS Departure Date: Jan 5, 2024 Departure Time: 4:30 PM Return Date: Jan 5, 2024 Return Time: 7:15 PM	L
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 9, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 10, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 16, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 18, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
CANCELLED Jan 18, 2024	Thu	Regular Season	Vestal @ Waverly	5:30 PM	7:30 PM	TBD	Departure Point: HS Departure Time: 4:15 PM	L
Jan 19, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 20, 2024	Sat	Regular Season (ME Modified Swim Invitational)	@ TBD	1:15 PM	3:00 PM	Maine-Endwell HS Pool	Departure Point: HS Departure Date: Jan 20, 2024 Departure Time: 10:45 AM Return Date: Jan 20, 2024 Return Time: 3:00 PM	L
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 25, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 26, 2024	Fri	Regular Season	Maine-Endwell @ Vestal	5:30 PM	7:30 PM	Vestal High School Pool	Departure Point: HS Departure Time: 4:30 PM	L
Jan 29, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Jan 31, 2024	Wed	Regular Season	Corning-Painted Post, Windsor	5:30 PM	7:30 PM	JC HS Pool		L
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		

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Feb 5, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Feb 5, 2024	Mon	Regular Season	Chenango Forks @ Susquehanna Valley	5:30 PM	7:00 PM	SVHS Pool	Departure Point: HS Departure Time: 4:30 PM	L
Feb 6, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Feb 7, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		
Feb 9, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Pool		

Date: 2025-12-06