



Whitney Point (G) V Swimming/Diving

Coaches:

- Kari DiTondo, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Aug 23, 2022	Tue	Practice	N/A	2:00 PM	3:00 PM	CEA Pool		
Aug 24, 2022	Wed	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Aug 25, 2022	Thu	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Aug 26, 2022	Fri	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Aug 29, 2022	Mon	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Aug 30, 2022	Tue	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Aug 31, 2022	Wed	Practice	N/A	2:00 PM	3:30 PM	CEA Pool		
Sep 1, 2022	Thu	Regular Season	@ Waverly	5:00 PM		Waverly High School Pool	Departure Time: 3:00 PM	L
Sep 6, 2022	Tue	Practice	N/A	2:30 PM	3:30 PM	CEA Pool		
Sep 7, 2022	Wed	Practice	N/A	2:30 PM	3:30 PM	CEA Pool		
Sep 8, 2022	Thu	Regular Season	Notre Dame, Elmira	5:00 PM		CEA Pool		L
Sep 9, 2022	Fri	Practice	N/A	3:30 PM	5:00 PM	CEA Pool		
Sep 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Sep 14, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Sep 15, 2022	Thu	Regular Season 15-102 L	@ Watkins Glen (Storm)	6:00 PM	8:00 PM	WG Pool	Departure Time: 4:20 PM	L
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Sep 19, 2022	Mon	Regular Season 27-69 L	@ Susquehanna Valley	5:30 PM	7:00 PM	SVHS Pool	Departure Time: 4:20 PM	NL
Sep 20, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Sep 21, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Sep 26, 2022	Mon	Practice	N/A	2:15 PM	4:00 PM	CEA Pool		
Sep 27, 2022	Tue	Regular Season	Notre Dame, Elmira @ Dryden	4:30 PM		Dryden H S	Departure Time: 3:15 PM	L
Sep 28, 2022	Wed	Regular Season 18-48 L	Southern Cayuga	5:00 PM		CEA Pool		L
Oct 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		

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Oct 4, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 11, 2022	Tue	Regular Season 20-64 L	@ Lansing	4:30 PM		Lansing HS (Pool)	Departure Time: 2:45 PM	L
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	3:30 PM	WPHS Weight Room		
Oct 12, 2022	Wed	Practice	N/A	3:30 PM	5:00 PM	CEA Pool		
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	3:30 PM	WPHS Weight Room		
Oct 14, 2022	Fri	Practice	N/A	3:30 PM	5:00 PM	CEA Pool		
Oct 17, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 18, 2022	Tue	Practice (STRENGTH & CONDITIONING)	N/A	3:00 PM	3:30 PM	WPHS Weight Room		
Oct 18, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 19, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 20, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 21, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 22, 2022	Sat	Regular Season (IAC Championships - Diving 1:30 PM , Swimming 4 PM See notes for GoFan Pre Sale Tickets link)	Lansing, Dryden, Southern Cayuga, Notre Dame, Elmira, Waverly @ Watkins Glen (Storm)	1:30 PM		WG Pool		L
Oct 22, 2022	Sat	Regular Season (IAC Champions at Watkins Glen Pool)	@ TBD	TBD	TBD		Departure Time: 11:30 AM	L
Oct 24, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 26, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 27, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Oct 28, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	CEA Pool		
Nov 2, 2022	Wed	Post-Season (Section IV Class C Pre-lims (Tickets online through GoFan))	Dryden, Susquehanna Valley, Greene, Southern Cayuga, Notre Dame, Elmira, Lansing @ Watkins Glen (Storm)	4:30 PM		WG Pool	Departure Time: 1:00 PM	NL
Nov 2, 2022	Wed	Regular Season (Section IV pre-lims)	@ TBD	TBD	TBD		Departure Time: 1:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 5, 2022	Sat	Post-Season (Section IV - Finals Class C (Tickets Through GoFan Only) - Live Stream on NFHS)	Dryden, Susquehanna Valley, Greene, Southern Cayuga, Notre Dame, Elmira, Lansing @ Watkins Glen (Storm)	11:00 AM		W G Pool	Departure Time: 8:15 AM	NL
Nov 5, 2022	Sat	Regular Season (Section IV finals)	@ TBD	TBD	TBD			L

Date: 2026-01-27