



# Binghamton

## (B) V Swimming/Diving

### Coaches:

- Elizabeth Kuzel
- Jake Brigham

| DATE         | WEEK DAY | TYPE                         | OPPONENTS  | START TIME | END TIME | LOCATION                    | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------|------------|------------|----------|-----------------------------|----------------|---------------------|
| Nov 14, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 14, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 15, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 15, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 16, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 16, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 17, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 17, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 18, 2022 | Fri      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 18, 2022 | Fri      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 21, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 21, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 22, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 22, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 23, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A        | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Nov 25, 2022 | Fri      | Practice (Boys Varsity Swim) | N/A        | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Nov 26, 2022 | Sat      | Practice (Boys Varsity Swim) | N/A        | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Nov 28, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 28, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Nov 29, 2022 | Tue      | Regular Season 28-146 L      | Horseheads | 5:30 PM    | 7:00 PM  | East Middle School Pool     |                | L                   |
| Nov 30, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A        | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Nov 30, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A        | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |

| DATE         | WEEK DAY | TYPE                         | OPPONENTS              | START TIME | END TIME | LOCATION                    | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------|------------------------|------------|----------|-----------------------------|----------------|---------------------|
| Dec 1, 2022  | Thu      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 1, 2022  | Thu      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 2, 2022  | Fri      | Regular Season 56-83 L       | Chenango Valley        | 5:30 PM    |          | East Middle School Pool     |                | NL                  |
| Dec 3, 2022  | Sat      | Practice (Boys Varsity Swim) | N/A                    | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 5, 2022  | Mon      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 5, 2022  | Mon      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 6, 2022  | Tue      | Regular Season 53-70 L       | @ Corning-Painted Post | 5:30 PM    | 7:00 PM  | C P P High School           |                | L                   |
| Dec 7, 2022  | Wed      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 7, 2022  | Wed      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 8, 2022  | Thu      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 8, 2022  | Thu      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 10, 2022 | Sat      | Practice (Boys Varsity Swim) | N/A                    | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 12, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 12, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 13, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 13, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 14, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 14, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 15, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 15, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 16, 2022 | Fri      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 16, 2022 | Fri      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 17, 2022 | Sat      | Practice (Boys Varsity Swim) | N/A                    | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 19, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A                    | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 19, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A                    | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |

| DATE         | WEEK DAY | TYPE                         | OPPONENTS        | START TIME | END TIME | LOCATION                    | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------|------------------|------------|----------|-----------------------------|----------------|---------------------|
| Dec 20, 2022 | Tue      | Regular Season               | @ Ithaca         | 5:30 PM    | 7:00 PM  | IHS Pool (C150)             |                | L                   |
| Dec 21, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 21, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 22, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Dec 22, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Dec 22, 2022 | Thu      | Regular Season               | @ Oneonta        | 5:30 PM    |          | Oneonta High School         |                | NL                  |
| Dec 26, 2022 | Mon      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 27, 2022 | Tue      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 28, 2022 | Wed      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 29, 2022 | Thu      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Dec 30, 2022 | Fri      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 2, 2023  | Mon      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 3, 2023  | Tue      | Regular Season               | @ Union-Endicott | 5:30 PM    | 7:00 PM  | UEHS Pool                   |                | L                   |
| Jan 4, 2023  | Wed      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 4, 2023  | Wed      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 5, 2023  | Thu      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 5, 2023  | Thu      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 6, 2023  | Fri      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 6, 2023  | Fri      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 6, 2023  | Fri      | Regular Season               | @ Chenango Forks | 5:30 PM    |          | High School - Pool          |                | NL                  |
| Jan 7, 2023  | Sat      | Practice (Boys Varsity Swim) | N/A              | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 9, 2023  | Mon      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 9, 2023  | Mon      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 10, 2023 | Tue      | Regular Season               | Maine-Endwell    | 5:30 PM    | 7:00 PM  | East Middle School Pool     |                | L                   |
| Jan 11, 2023 | Wed      | Practice (Boys Varsity Swim) | N/A              | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 11, 2023 | Wed      | Practice (Boys Varsity Swim) | N/A              | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |

| DATE         | WEEK DAY | TYPE                         | OPPONENTS | START TIME | END TIME | LOCATION                    | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------|-----------|------------|----------|-----------------------------|----------------|---------------------|
| Jan 12, 2023 | Thu      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 12, 2023 | Thu      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 13, 2023 | Fri      | Regular Season               | @ Windsor | 5:30 PM    |          | Windsor High School Pool    |                | L                   |
| Jan 14, 2023 | Sat      | Practice (Boys Varsity Swim) | N/A       | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 16, 2023 | Mon      | Practice (Boys Varsity Swim) | N/A       | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 17, 2023 | Tue      | Regular Season 55-112 L      | @ Elmira  | 5:30 PM    | 7:00 PM  | EDA Pool                    |                | L                   |
| Jan 18, 2023 | Wed      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 18, 2023 | Wed      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 19, 2023 | Thu      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 19, 2023 | Thu      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 20, 2023 | Fri      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 20, 2023 | Fri      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 21, 2023 | Sat      | Practice (Boys Varsity Swim) | N/A       | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 23, 2023 | Mon      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 23, 2023 | Mon      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 24, 2023 | Tue      | Regular Season 58-91 L       | Vestal    | 5:30 PM    | 7:00 PM  | East Middle School Pool     |                | L                   |
| Jan 25, 2023 | Wed      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 25, 2023 | Wed      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 26, 2023 | Thu      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 26, 2023 | Thu      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 27, 2023 | Fri      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 27, 2023 | Fri      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Jan 28, 2023 | Sat      | Practice (Boys Varsity Swim) | N/A       | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Jan 30, 2023 | Mon      | Practice (Boys Varsity Swim) | N/A       | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Jan 30, 2023 | Mon      | Practice (Boys Varsity Swim) | N/A       | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |

| DATE         | WEEK DAY | TYPE                                 | OPPONENTS    | START TIME | END TIME | LOCATION                    | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------|--------------|------------|----------|-----------------------------|----------------|---------------------|
| Jan 31, 2023 | Tue      | Regular Season                       | Johnson City | 5:30 PM    | 7:00 PM  | East Middle School Pool     |                | L                   |
| Feb 1, 2023  | Wed      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 1, 2023  | Wed      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 2, 2023  | Thu      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 2, 2023  | Thu      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 3, 2023  | Fri      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 3, 2023  | Fri      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 4, 2023  | Sat      | Practice (Boys Varsity Swim)         | N/A          | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Feb 6, 2023  | Mon      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 6, 2023  | Mon      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 8, 2023  | Wed      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 8, 2023  | Wed      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 9, 2023  | Thu      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 9, 2023  | Thu      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 10, 2023 | Fri      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 10, 2023 | Fri      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 11, 2023 | Sat      | Practice (Boys Varsity Swim)         | N/A          | 8:00 AM    | 10:30 PM | East Middle School Pool     |                |                     |
| Feb 13, 2023 | Mon      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 13, 2023 | Mon      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 14, 2023 | Tue      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 14, 2023 | Tue      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 15, 2023 | Wed      | Regular Season (Sectional Prelims)   | @ TBD        | TBD        |          | TBD                         |                | NL                  |
| Feb 16, 2023 | Thu      | Practice (Boys Varsity Swim)         | N/A          | 6:00 AM    | 7:10 AM  | Binghamton High School-Pool |                |                     |
| Feb 16, 2023 | Thu      | Practice (Boys Varsity Swim)         | N/A          | 3:45 PM    | 6:00 PM  | East Middle School Pool     |                |                     |
| Feb 17, 2023 | Fri      | Regular Season (Sectionals - Diving) | @ TBD        | TBD        |          | TBD                         |                | NL                  |

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME   | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|------------|----------|----------------|---------------------|
| Feb 18, 2023 | Sat      | Post-Season<br>(Section IV Class A<br>Swim Finals - Tickets<br>Trough GoFan ) | Elmira, Horseheads,<br>Corning-Painted Post,<br>Ithaca, Vestal, Union-<br>Endicott @ Watkins<br>Glen (Storm) | 3:30<br>PM | 6:30<br>PM | W G Pool |                | NL                  |
| Feb 18, 2023 | Sat      | Regular Season<br>(Sectional Finals)  | @ TBD  | TBD        |            | TBD      |                | NL                  |

Date: 2024-04-27