

# Ballston Spa High School

## (B) V Swimming/Diving

### Coaches:

- Matt Nafus, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 7, 2023	Thu	Regular Season 99-70 W	@ Johnstown (Fonda/Johnstown)	5:00 PM		Johnstown Pool	<b>Departure Time:</b> 3:15 PM	NL
Dec 16, 2023	Sat	Regular Season (SHEN HOLIDAY INVITATIONAL)	Schenectady High School (Boys Varsity Swimming), Burnt Hills-Ballston Lake HS, Shaker High School, Saratoga Springs High School, Niskayuna High School @ Shenendehowa High School	9:00 AM		Shen Aquatic Center	<b>Departure Time:</b> 11:00 AM	L
Dec 19, 2023	Tue	Regular Season 72-106 L	@ Shenendehowa High School	4:30 PM		Shen Aquatic Center	<b>Departure Time:</b> 3:15 PM	L
Jan 11, 2024	Thu	Regular Season 77-93 L	@ Shaker High School	4:30 PM		Shaker High School Pool	<b>Departure Time:</b> 3:15 PM	L
Jan 18, 2024	Thu	Regular Season 83-100 L	@ Niskayuna High School	4:30 PM	6:00 PM	High School	<b>Departure Time:</b> 3:15 PM	L
Jan 31, 2024	Wed	Regular Season 81-84 L	@ Burnt Hills-Ballston Lake HS	4:30 PM		BH-BL HS Pool	<b>Departure Time:</b> 3:30 PM	L
Feb 8, 2024	Thu	Regular Season 39-52 L	@ Troy (Troy/CBA)	4:30 PM		Troy HS Pool	<b>Departure Time:</b> 3:15 PM	L
Feb 15, 2024	Thu	Post-Season (Diving Sectionals at Shen)	@ TBD	4:00 PM		TBD	<b>Departure Point:</b> warm ups at 2pm	L
Feb 16, 2024	Fri	Post-Season (Sectionals at Shen)	@ TBD	3:30 PM		TBD	<b>Departure Point:</b> warm ups at 1:30pm <b>Departure Time:</b> 1:00 PM	L
Feb 17, 2024	Sat	Post-Season (Sectionals at Shen)	@ TBD	3:00 PM		TBD	<b>Departure Point:</b> warm ups at 1:30pm <b>Departure Time:</b> 12:30 PM	L
Mar 1, 2024	Fri	Post-Season (State Championships )	@ TBD	TBD		TBD		L
Mar 2, 2024	Sat	Post-Season (State Championship Ithaca College)	@ TBD	TBD		TBD	<b>Departure Point:</b> warm ups at 1:30pm	L

Date: 2024-04-20