

Ballston Spa High School

(B) V Swimming/Diving

Coaches:

- Matt Nafus, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2018	Thu	Regular Season	Saratoga Springs High School	4:30 PM		Ballston Spa High School Gym			L
Dec 13, 2018	Thu	Regular Season	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming)	4:30 PM		Ballston Spa High School Gym			L
Dec 18, 2018	Tue	Regular Season	@ Shenendehowa High School	4:30 PM		Shen Aquatic Center	Departure Point: high school Departure Time: 3:00 PM		L
Jan 3, 2019	Thu	Regular Season	@ Christian Brothers Academy, Albany (Troy/CBA)	4:30 PM		Troy HS Pool	Departure Point: high school Departure Time: 2:45 PM		L
Jan 8, 2019	Tue	Regular Season	@ Niskayuna High School	4:30 PM		Niskayuna High School	Departure Point: high school Departure Time: 2:45 PM		L
Jan 15, 2019	Tue	Regular Season	Albany High School	4:30 PM		Ballston Spa High School Gym			L
Jan 25, 2019	Fri	Regular Season	@ Burnt Hills-Ballston Lake HS	4:30 PM		BH-BL HS Pool	Departure Point: high school Departure Time: 3:00 PM		L
Jan 30, 2019	Wed	Regular Season	Guilderland High School (Guilderville)	4:30 PM	6:00 PM	Ballston Spa High School Gym			L
Feb 14, 2019	Thu	Post-Season (Sectionals - DIVING)	Niskayuna High School @ Shenendehowa High School	9:00 AM		Shen Aquatic Center	Bus/Driver: one student - one way Departure Time: 1:00 PM		L
Feb 15, 2019	Fri	Post-Season (Sectionals - PRELIMS)	Guilderland High School (Guilderville), Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Shaker High School, Burnt Hills-Ballston Lake HS, Albany High School, Niskayuna High School @ Shenendehowa High School	4:00 PM	6:30 PM	Shen Aquatic Center	Bus/Driver: one way Departure Time: 1:30 PM		L
Feb 16, 2019	Sat	Post-Season (Sectionals - FINALS)	Guilderland High School (Guilderville), Shaker High School, Burnt Hills-Ballston Lake HS, Albany High School, Niskayuna High School @ Shenendehowa High School	4:00 PM		Shen Aquatic Center	Bus/Driver: one way Departure Time: 12:00 PM		L

