

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 3, 2019	Tue	Regular Season 57-102 L	@ Burnt Hills-Ballston Lake HS	4:15 PM	5:40 PM	BH-BL HS Pool		Departure Time: 3:45 PM	L
Dec 10, 2019	Tue	Regular Season 73-104 L	Bethlehem High School	4:30 PM	6:00 PM	Ballston Spa High School Gym			L
Dec 21, 2019	Sat	Regular Season (SHEN INVITATIONAL)	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Glens Falls, Burnt Hills-Ballston Lake HS, Shaker High School, Niskayuna High School, Albany High School, Saratoga Springs High School @ Shenendehowa High School	9:00 AM	5:00 PM	Shen Aquatic Center		Departure Time: 7:15 AM	L
Jan 7, 2020	Tue	Regular Season 75-98 L	Shaker High School	4:30 PM	6:00 PM	Ballston Spa High School Gym			L
Jan 14, 2020	Tue	Regular Season 41-52 L	@ Troy (Troy/CBA)	4:30 PM	5:40 PM	Troy HS Pool		Departure Time: 3:45 PM	L
Jan 17, 2020	Fri	Regular Season 82-94 L	@ Guilderland High School (Guilderville)	5:00 PM		Voorheesville High School Pool		Departure Time: 3:15 PM	L
Jan 23, 2020	Thu	Regular Season 107-67 W	Albany High School	4:30 PM	6:00 PM	Ballston Spa High School Gym			L
Jan 25, 2020	Sat	Regular Season 84-94 L	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming)	10:00 AM	6:00 PM	Ballston Spa High School Gym			L
Feb 4, 2020	Tue	Regular Season	@ Shenendehowa High School	4:30 PM	6:00 PM	Shen Aquatic Center		Departure Time: 3:45 PM	L
POSTPONED Feb 6, 2020	Thu	Regular Season	@ Johnstown (Fonda/Johnstown)	5:00 PM		Johnstown Pool		Departure Time: 3:15 PM	L
Feb 13, 2020	Thu	Post-Season (Sectionals)	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Guilderland High School (Guilderville), Shaker High School, Niskayuna High School @ Shenendehowa High School	3:00 PM		Shen Aquatic Center	Bus/Driver: one way	Departure Time: 1:30 PM	L
Feb 14, 2020	Fri	Post-Season (Sectionals)	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Guilderland High School (Guilderville), Shaker High School, Burnt Hills-Ballston Lake HS, Niskayuna High School @ Shenendehowa High School	4:00 AM		Shen Aquatic Center		Departure Time: 2:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 15, 2020	Sat	Post-Season (Sectionals)	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Guilderland High School (Guilderville), Shaker High School, Burnt Hills-Ballston Lake HS, Niskayuna High School @ Shenendehowa High School	2:00 PM		Shen Aquatic Center	Departure Time: 12:15 PM		L

Date: 2026-01-04