

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 5, 2023 | Tue | Regular Season 79-98 L | Saratoga Springs High School | 4:30 PM | | Ballston Spa High School pool | | L |
| Dec 7, 2023 | Thu | Regular Season 99-70 W | @ Johnstown (Fonda/Johnstown) | 5:00 PM | | Johnstown Pool | Departure Time: 3:15 PM | NL |
| Dec 12, 2023 | Tue | Regular Season 88-93-0 L | Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Colonie High School (Schenectady-Colonie) | 4:30 PM | | Ballston Spa High School pool | | L |
| Dec 16, 2023 | Sat | Regular Season (SHEN HOLIDAY INVITATIONAL) | Schenectady High School (Schenectady/Colonie 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 | Departure Time: 11:00 AM | L |
| Dec 19, 2023 | Tue | Regular Season 72-106 L | @ Shenendehowa High School | 4:30 PM | | Shen Aquatic Center | Departure Time: 3:15 PM | L |
| Jan 11, 2024 | Thu | Regular Season 77-93 L | @ Shaker High School | 4:30 PM | | Shaker High School Pool | Departure Time: 3:15 PM | L |
| Jan 18, 2024 | Thu | Regular Season 83-100 L | @ Niskayuna High School | 4:30 PM | 6:00 PM | Niskayuna High School | Departure Time: 3:15 PM | L |
| Jan 23, 2024 | Tue | Regular Season 95-77 W | Queensbury | 4:15 PM | | Ballston Spa High School pool | | L |
| Jan 31, 2024 | Wed | Regular Season 81-84 L | @ Burnt Hills-Ballston Lake HS | 4:30 PM | | BH-BL HS Pool | Departure Time: 3:30 PM | L |
| Feb 1, 2024 | Thu | Regular Season 84-94 L | Guilderland High School (Guilderville) | 5:00 PM | | Ballston Spa High School pool | | L |
| Feb 5, 2024 | Mon | Regular Season 90-74 W | Albany High School | 4:30 PM | | Ballston Spa High School pool | | L |
| Feb 8, 2024 | Thu | Regular Season 39-52 L | @ Troy (Troy/CBA) | 4:30 PM | | Troy HS Pool | Departure Time: 3:15 PM | L |
| Feb 10, 2024 | Sat | Regular Season (Last Chance Meet) | Guilderland High School (Guilderville), Bethlehem High School, Saratoga Springs High School | 9:00 AM | | Ballston Spa High School pool | | L |
| Feb 15, 2024 | Thu | Post-Season (Diving Sectionals at Shen) | @ TBD | 4:00 PM | | TBD | Departure Point: warm ups at 2pm | L |
| Feb 16, 2024 | Fri | Post-Season (Sectionals at Shen) | @ TBD | 3:30 PM | | TBD | Departure Point: warm ups at 1:30pm Departure Time: 1:00 PM | L |

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| Feb 17, 2024 | Sat | Post-Season (Sectionals at Shen) | @ TBD | 3:00 PM | | TBD | Departure Point: warm ups at 1:30pm Departure Time: 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 | Departure Point: warm ups at 1:30pm | L |

Date: 2025-12-19