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 (Boys Varsity Swimming), Colonie High School	4:30 PM		Ballston Spa High School pool		L
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	**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	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
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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: 2024-04-25