## Coaches:

Niskayuna High School
(G) V Swimming/Diving

• Amanda Nappi

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	
Sep 7, 2022	Wed	Regular Season 107-77 W	@ Ballston Spa High School	4:30 PM		Ballston Spa High School Gym	Class Dismissal: 2:50 PM	Departure Point: HS Departure Time: 3:00 PM	<b>LEAGUE</b>
Sep 14, 2022	Wed	Regular Season 105-69 W	Schenectady High School (Schenectady/Colonie)	4:30 PM	5:55 PM	Niskayuna High School			L
Sep 16, 2022	Fri	Regular Season 103-88 W	Burnt Hills-Ballston Lake HS	4:15 PM		Niskayuna High School			L
Sep 20, 2022	Tue	Regular Season	@ Saratoga Springs High School	4:30 PM	5:55 PM	Skidmore	Class Dismissal: 2:30 PM	<b>Departure Time:</b> 2:40 PM	L
Sep 24, 2022	Sat	Regular Season (Dive Invitational)	Burnt Hills-Ballston Lake HS, Ballston Spa High School, Queensbury @ Saratoga Springs High School	9:00 AM		Skidmore		<b>Departure Point:</b> No Bus Needed	L
Sep 29, 2022	Thu	Regular Season	Shenendehowa High School	4:30 PM	5:55 PM	Niskayuna High School			L
Oct 3, 2022	Mon	Regular Season 105-79 W	Guilderland High School (Guilderville)	4:30 PM	5:55 PM	Niskayuna High School			L
Oct 8, 2022	Sat	Regular Season (Shen Breast Cancer Invitational)	Ballston Spa High School, Shaker High School, Burnt Hills- Ballston Lake HS, Saratoga Springs High School, Schenectady High School (Schenectady/Colonie) @ Shenendehowa High School	AM		Shen Aquatic Center		Departure Point: HS Departure Time: 10:00 AM	L
Oct 12, 2022	Wed	Regular Season	@ Bethlehem High School	4:30 PM		High School	Class Dismissal: 2:30 PM	Departure Point: HS Departure Time: 2:40 PM	L
Oct 19, 2022	Wed	Regular Season	Shaker High School	4:30 PM	5:55 PM	Niskayuna High School			L
Oct 21, 2022	Fri	Regular Season 98-62 W	@ Albany High School	4:30 PM	5:55 PM	Albany High School Pool	Class Dismissal: 2:50 PM	Departure Point: HS Departure Time: 3:00 PM	L
Oct 22, 2022	Sat	Regular Season (Dive Invy)	@ TBD	TBD		TBD			L
Nov 3, 2022	Thu	Regular Season (Dive Sectional)	@ TBD	TBD		TBD	Class Dismissal: 12:45 PM	Departure Point: HS Departure Time: 1:00 PM	L
Nov 4, 2022	Fri	Regular Season (Sectional Prelims)	@ TBD	TBD		TBD	Class Dismissal: 12:00 PM	Departure Point: HS, VA, Iroq Departure Time: 12:15 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME LOCATION DEPARTUI	RE TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 5, 2022	Sat	Regular Season (Sectionals)	@ TBD	TBD	TBD	Departure Point: HS Departure Time: 12:30 PM	L
Nov 18, 2022	Fri	Post- Season (States Prelims)	@ TBD	TBD	TBD		L
Nov 19, 2022	Sat	Post- Season (States Finals)	@ TBD	TBD	TBD		L

Date: 2025-12-19