



Shenendehowa High School

(G) V Swimming/Diving

Coaches:

- Alyssa DiFabio

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2019	Wed	Regular Season 97-79 W	Shaker High School	4:30 PM	6:00 PM	Shen Aquatic Center		L
Sep 11, 2019	Wed	Regular Season 104-66 W	@ Burnt Hills-Ballston Lake HS	4:30 PM	5:40 PM	BH-BL HS Pool		L
Sep 18, 2019	Wed	Regular Season 105-74 W	@ Saratoga Springs High School	4:30 PM	5:40 PM	Skidmore		L
Sep 21, 2019	Sat	Regular Season (Dive Meet at Skidmore)	@ TBD	9:00 AM		TBD		L
Sep 27, 2019	Fri	Regular Season (Shenendehowa Breast Cancer Awareness Swimming and Diving Invitational)	Ithaca	4:00 PM		Shen Aquatic Center		L
Sep 28, 2019	Sat	Regular Season (SHEN BREAST CANCER AWARENESS INVITATIONAL)	Ballston Spa High School, Saratoga Springs High School, Burnt Hills-Ballston Lake HS, Niskayuna High School, Guilderland High School (Guilderville), Albany High School, Shaker High School	8:30 AM		Shen Aquatic Center		L
Sep 28, 2019	Sat	Regular Season (Shenendehowa Breast Cancer Awareness Swimming and Diving Invitational)	Ithaca	11:00 AM	6:00 PM	Shen Aquatic Center		L
Sep 28, 2019	Sat	Regular Season	Notre Dame, Elmira	TBD		Shen Aquatic Center		NL
Oct 2, 2019	Wed	Regular Season	@ Guilderland High School (Guilderville)	4:30 PM		Voorheesville High School Pool		L
Oct 7, 2019	Mon	Regular Season	Colonie High School (Schenectady-Colonie)	4:30 PM		Shen Aquatic Center		L
Oct 7, 2019	Mon	Regular Season	Schenectady High School (Schenectady-Colonie)	4:30 PM	6:00 PM	Shen Aquatic Center		L
Oct 12, 2019	Sat	Regular Season (DIVE MEET)	Queensbury, Ballston Spa High School, Saratoga Springs High School @ Niskayuna High School	9:00 AM		Niskayuna High School		L
Oct 16, 2019	Wed	Regular Season	Niskayuna High School	4:30 PM	6:00 PM	Shen Aquatic Center		L
Oct 21, 2019	Mon	Regular Season	Bethlehem High School	4:30 PM	6:00 PM	Shen Aquatic Center		L
Oct 23, 2019	Wed	Regular Season	Ballston Spa High School	4:30 PM	6:00 PM	Shen Aquatic Center		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 26, 2019	Sat	Regular Season (swim meet)	Queensbury, Niskayuna High School, Burnt Hills-Ballston Lake HS, Guilderland High School (Guilderville) @ Ballston Spa High School	9:00 AM		Ballston Spa High School Gym		NL
Oct 29, 2019	Tue	Regular Season	Glens Falls	4:45 PM		Shen Aquatic Center		L
Nov 7, 2019	Thu	Post-Season (Diving Sectionals)	Glens Falls, Shaker High School, Albany High School, Guilderland High School (Guilderville), Niskayuna High School, Ballston Spa High School	4:00 PM		Shen Aquatic Center		L
Nov 8, 2019	Fri	Regular Season	TBD	10:30 AM		Shen Aquatic Center		L
Nov 8, 2019	Fri	Post-Season (Swim Sectional Prelims)	Glens Falls, Shaker High School, Albany High School, Guilderland High School (Guilderville), Niskayuna High School, Ballston Spa High School	11:30 AM		Shen Aquatic Center		L
Nov 9, 2019	Sat	Post-Season (Sectional Swim Finals)	Glens Falls, Shaker High School, Albany High School, Guilderland High School (Guilderville), Niskayuna High School, Ballston Spa High School	10:00 AM		Shen Aquatic Center		L
Nov 9, 2019	Sat	Regular Season	TBD	10:00 AM		Shen Aquatic Center		L
Nov 22, 2019	Fri	Post-Season (STATE CHAMPIONSHIP PRELIMS)	@ TBD	9:00 AM		Ithaca College		L
Nov 23, 2019	Sat	Regular Season (STATE CHAMPIONSHIP - FINALS)	@ TBD	9:00 AM		Ithaca College		L

Date: 2025-12-17