

## Coaches:

• Alyssa DiFabio

Sep 4, 2019   Wed   Regular Season   Shaker High School   PM   PM   Center   L	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2019   Wed   104-66 W   Lake HS   PM   PM   Pool   Lake HS   PM   PM   Pool   Lake HS   PM   PM   PM   PM   PM   PM   PM   P	Sep 4, 2019	Wed		Shaker High School			•		L
Sep 18, 2019   Wed   105-74 W   High School   PM   PM   PM   Skidmore   L	Sep 11, 2019	Wed		_					L
Sep 21, 2019   Sat   (Dive Meet at Skidmore)   Regular Season (Shenendehowa Diving Invitational)	Sep 18, 2019	Wed					Skidmore		L
Sep 27, 2019   Fri	Sep 21, 2019	Sat	(Dive Meet at	@ TBD			TBD		L
Sep 28, 2019	Sep 27, 2019	Fri	(Shenendehowa Breast Cancer Awareness Swimming and	Ithaca					L
Sep 28, 2019   Sat   Breast Cancer Awareness Swimming and Diving Invitational)   Ithaca   11:00   6:00   Shen Aquatic AM   PM   Center   L	Sep 28, 2019	Sat	(SHEN BREAST CANCER AWARENESS	School, Saratoga Springs High School, Burnt Hills-Ballston Lake HS, Niskayuna High School, Guilderland High School (Guilderville), Albany High School,					L
Oct 2, 2019 Wed Regular Season @ Guilderland High School (Guilderville) PM PM Pool  Oct 7, 2019 Mon Regular Season Colonie High School (Schenectady-Colonie) PM School (Schenectady-Colonie) PM Center L  Oct 7, 2019 Sat Regular Season (DIVE MEET) PM School (Schenectady-Colonie) PM Center L  Oct 12, 2019 Wed Regular Season Niskayuna High School (Niskayuna High School) PM PM Center L  Oct 21, 2019 Mon Regular Season Bethlehem High School 4:30 FM Center L  Oct 21, 2019 Mon Regular Season Bethlehem High School 4:30 FM Center L  Oct 21, 2019 Mon Regular Season Bethlehem High School 4:30 FM Center L  Oct 21, 2019 Mon Regular Season Bethlehem High School 4:30 FM Center L  Oct 23, 2019 Med Regular Season Ballston Spa High 4:30 6:00 Shen Aquatic FM Center L	Sep 28, 2019	Sat	(Shenendehowa Breast Cancer Awareness Swimming and	Ithaca					L
Oct 2, 2019 Wed Regular Season School (Guilderville)  Oct 7, 2019 Mon Regular Season Colonie High School (Schenectady-Colonie)  Oct 7, 2019 Mon Regular Season School (Schenectady-Colonie)  Oct 7, 2019 Mon Regular Season School (Schenectady/Colonie)  Oct 12, 2019 Sat Regular Season (DIVE MEET)  Oct 12, 2019 Wed Regular Season Niskayuna High School (DIVE MEET)  Oct 21, 2019 Mon Regular Season Season Niskayuna High School (PM)  Oct 21, 2019 Mon Regular Season Bethlehem High School (PM)  Oct 21, 2019 Mon Regular Season Ballston Spa High School (PM)  Oct 23, 2019 Wed Regular Season Ballston Spa High School (PM)  Oct 23, 2019 Wed Regular Season Ballston Spa High School (PM)  Oct 23, 2019 Wed Regular Season Ballston Spa High School (PM)  Oct 20, 2019 Wed Regular Season Ballston Spa High School (PM)  Oct 23, 2019 Wed Regular Season Ballston Spa High School (Schen Aquatic Center (Center (Ce	Sep 28, 2019	Sat	Regular Season	Notre Dame, Elmira	TBD		•		NL
Oct 7, 2019  Mon Regular Season  Schenectady-Colonie)  School Shen Aquatic PM Center  L  Oct 12, 2019  Sat Regular Season (DIVE MEET)  Oct 16, 2019  Wed Regular Season  Oct 21, 2019  Mon Regular Season  Schenectady High School (Schenectady/Colonie)  Queensbury, Ballston Spa High School, Saratoga Springs High School @ Niskayuna High School  Niskayuna High School  AM  Niskayuna High School  PM  Center  L  Oct 21, 2019  Mon Regular Season  Bethlehem High School  PM  Center  L  Oct 23, 2019  Mod Regular Season  Ballston Spa High  4:30  PM  Center  L  Oct 23, 2019  Mod Regular Season  Ballston Spa High  4:30  PM  Center  L	Oct 2, 2019	Wed	Regular Season				High School		L
Oct 7, 2019  Mon Regular Season School (Schenectady/Colonie)  PM PM Center  L  Oct 12, 2019  Sat Regular Season (DIVE MEET)  Oct 16, 2019  Wed Regular Season Miskayuna High School  Oct 21, 2019  Mon Regular Season  Bethlehem High School  PM PM Center  L  Oct 21, 2019  Mon Regular Season  Ballston Spa High School  Spa High School  Spa High School  AM Niskayuna  High School  AM Center  L  Oct 21, 2019  Mon Regular Season  Bethlehem High School  PM Center  L  Oct 23, 2019  Mod Regular Season  Ballston Spa High  4:30 6:00 Shen Aquatic  PM Center  L	Oct 7, 2019	Mon	Regular Season						L
Oct 12, 2019  Sat  Regular Season (DIVE MEET)  Spa High School, Saratoga Springs High School @ Niskayuna High School  Oct 16, 2019  Wed Regular Season  Mon Regular Season  Bethlehem High School  AM  Niskayuna High School  PM  Center  L  Oct 21, 2019  Mon  Regular Season  Ballston Spa High  4:30  6:00 Shen Aquatic Center  L  Oct 23, 2019  Wed  Regular Season  Ballston Spa High  4:30  6:00 Shen Aquatic Center  L	Oct 7, 2019	Mon	Regular Season	School					L
Oct 21, 2019 Wed Regular Season Niskayuna High School PM PM Center  Oct 21, 2019 Mon Regular Season Bethlehem High School 4:30 6:00 Shen Aquatic PM Center  L  Oct 23, 2019 Wed Regular Season Ballston Spa High 4:30 6:00 Shen Aquatic	Oct 12, 2019	Sat		Spa High School, Saratoga Springs High School @ Niskayuna					L
Oct 21, 2019 Word Regular Season Betrilerien High School PM PM Center  Oct 23, 2019 Word Regular Season Ballston Spa High 4:30 6:00 Shen Aquatic	Oct 16, 2019	Wed	Regular Season	Niskayuna High School					L
	Oct 21, 2019	Mon	Regular Season	Bethlehem High School		РМ	Center		L
	Oct 23, 2019	Wed	Regular Season						L

DATE	WEEK DAY	<sup>C</sup> 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