



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 7, 2022	Wed	Regular Season 105-76 W	Burnt Hills-Ballston Lake HS	4:30 PM	5:55 PM	Shen Aquatic Center		L
Sep 12, 2022	Mon	Regular Season	Bethlehem High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Sep 19, 2022	Mon	Regular Season 100-66 W	@ Ballston Spa High School	4:30 PM	5:55 PM	Ballston Spa High School Gym		L
Sep 21, 2022	Wed	Regular Season 94-75 W	Troy (Troy/Averill Park/Columbia)	4:30 PM	5:55 PM	Shen Aquatic Center		L
Sep 23, 2022	Fri	Regular Season (Invitational In The Glen)	Notre Dame, Elmira, Southern Cayuga, Corning-Painted Post, Ithaca, Hilton, Skaneateles, Lansing, Wallkill, New Paltz, Horseheads @ Watkins Glen (Storm)	4:30 PM	8:00 PM	W G Pool		NL
Sep 24, 2022	Sat	Regular Season (Invitational In The Glen Day 2 - Diving 9:30 PM & Swimming 2 PM)	Notre Dame, Elmira, Southern Cayuga, Corning-Painted Post, Ithaca, Hilton, Skaneateles, Lansing, New Paltz, Wallkill, Horseheads @ Watkins Glen (Storm)	9:30 AM		W G Pool		NL
Sep 29, 2022	Thu	Regular Season	@ Niskayuna High School	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, Niskayuna High School, Saratoga Springs High School, Schenectady High School (Schenectady/Colonie)	9:00 AM		Shen Aquatic Center		L
Oct 12, 2022	Wed	Regular Season 90-72 W	@ Shaker High School	4:30 PM	5:55 PM	Shaker High School Pool		L
Oct 14, 2022	Fri	Regular Season	Saratoga Springs High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Oct 19, 2022	Wed	Regular Season	@ Guilderland High School (Guilderville)	4:30 PM	5:55 PM	Voorheesville High School Pool		L
Oct 22, 2022	Sat	Meet (Dive Meet)	Vs. Multiple	10:30 AM	2:30 PM	High School		NL
Oct 25, 2022	Tue	Regular Season	Glens Falls	4:30 PM		Shen Aquatic Center		L
Nov 3, 2022	Thu	Regular Season (Sectionals)	Hudson Falls (Hudson Falls/So. Glens Falls), Saratoga Springs High School	TBD		Shen Aquatic Center		L
Nov 4, 2022	Fri	Post-Season (Sectionals)	Queensbury, Saratoga Springs High School	TBD		Shen Aquatic Center		NL
Nov 5, 2022	Sat	Post-Season (SECTIONALS)	Saratoga Springs High School	9:00 AM		Shen Aquatic Center		L

Date: 2025-12-05