



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 6, 2023	Wed	Regular Season 90-60 W	Albany High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Sep 13, 2023	Wed	Regular Season 103-66 W	@ Schenectady High School (Schenectady/Colonie)	4:30 PM	5:55 PM	Pat Riley Sports Center- Pool		L
Sep 19, 2023	Tue	Regular Season	@ Ballston Spa High School	4:30 PM	5:55 PM	Ballston Spa High School pool		L
Sep 22, 2023	Fri	Regular Season (Invitational In the Glen - Day 1 - Live Stream on NFHS)	Notre Dame, Elmira, Lansing, Valley Central, Skaneateles, Wallkill, Fairport, Albany Academies, Hilton, Corning-Painted Post, Southern Cayuga, Waverly, Horseheads, Burnt Hills-Ballston Lake HS, Whitney Point @ Watkins Glen (Storm)	4:30 PM	8:00 PM	W G Pool		NL
Sep 23, 2023	Sat	Regular Season (Invitational In the Glen - Day 2 Diving 9:30 AM & Swimming 2 PM - NFHS Live Stream Swim Only)	Notre Dame, Elmira, Lansing, Valley Central, Skaneateles, Wallkill, Fairport, Albany Academies, Hilton, Burnt Hills-Ballston Lake HS, Corning-Painted Post, Southern Cayuga, Waverly, Horseheads, Whitney Point @ Watkins Glen (Storm)	9:30 AM	8:00 PM	W G Pool		NL
Sep 27, 2023	Wed	Regular Season	Bethlehem High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Oct 5, 2023	Thu	Regular Season	@ Shaker High School	4:30 PM	5:55 PM	Shaker High School Pool		L
Oct 7, 2023	Sat	Regular Season (Shen Breast Cancer Invitational)	Burnt Hills-Ballston Lake HS, Shaker High School, Niskayuna High School, Saratoga Springs High School, Troy (Troy/Averill Park/Columbia), Ballston Spa High School, Schenectady High School (Schenectady/Colonie)	9:00 AM		Shen Aquatic Center		NL
Oct 11, 2023	Wed	Regular Season	Niskayuna High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Oct 18, 2023	Wed	Regular Season	@ Guilderland High School (Guilderville)	4:30 PM	5:55 PM	Voorheesville High School Pool		L
Oct 20, 2023	Fri	Regular Season	Saratoga Springs High School	4:30 PM	5:55 PM	Shen Aquatic Center		L
Nov 2, 2023	Thu	Regular Season (Dive Sectionals)	Hudson Falls (Hudson Falls/So. Glens Falls)	4:00 PM		Shen Aquatic Center		L
Nov 3, 2023	Fri	Regular Season (Swim Sectionals)	Hudson Falls (Hudson Falls/So. Glens Falls)	10:00 AM		Shen Aquatic Center		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 4, 2023	Sat	Regular Season (Swim Sectionals)	Hudson Falls (Hudson Falls/So. Glens Falls)	10:00 AM		Shen Aquatic Center		L

Date: 2025-12-14