



Shaker High School

(B) V Swimming/Diving

Coaches:

- Shawna Simpson, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 9, 2025	Tue	Regular Season	@ Christian Brothers Academy, Albany (Troy/CBA)	4:30 PM	5:55 PM	Troy HS Pool	Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Dec 16, 2025	Tue	Regular Season	@ Burnt Hills-Ballston Lake HS	4:30 PM	5:55 PM	BH-BL HS Pool	Departure Time: 3:45 PM Return Date: Return Time: 5:45 PM	L
Dec 18, 2025	Thu	Regular Season	Guilderland High School (Guilderville)	4:30 PM	5:55 PM	Shaker High School Pool		L
Dec 20, 2025	Sat	Regular Season (Shen Invy)	Albany High School, Niskayuna High School, Ballston Spa High School, Burnt Hills-Ballston Lake HS @ Shenendehowa High School	9:00 AM		Shen Aquatic Center	Departure Time: 10:15 AM Return Date: Return Time: 5:00 PM	L
Jan 6, 2026	Tue	Regular Season	Saratoga Springs High School	4:30 PM	5:55 PM	Shaker High School Pool		L
Jan 10, 2026	Sat	Regular Season (Schenectady-Colonie Invitational)	Colonie High School (Schenectady-Colonie) @ Schenectady High School (Schenectady/Colonie Boys Varsity Swimming)	9:00 AM		Pat Riley Sports Center-Pool	Departure Time: 8:15 AM Return Date: Return Time: 6:00 PM	NL
Jan 13, 2026	Tue	Regular Season	@ Shenendehowa High School	4:30 PM	5:55 PM	Shen Aquatic Center	Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Jan 15, 2026	Thu	Regular Season	Ballston Spa High School	4:30 PM		Shaker High School Pool		L
Jan 20, 2026	Tue	Regular Season	Schenectady High School (Schenectady/Colonie Boys Varsity Swimming), Colonie High School (Schenectady-Colonie)	4:30 PM	5:55 PM	Shaker High School Pool		L
Jan 27, 2026	Tue	Regular Season	@ Albany High School	4:30 PM	5:55 PM	Albany High School Pool	Departure Time: 3:15 PM Return Date: Return Time: 5:15 PM	L
Jan 29, 2026	Thu	Regular Season	Queensbury	4:30 PM		Shaker High School Pool		NL
Feb 13, 2026	Fri	Post-Season (Sectionals)	@ TBD	2:00 PM		Shenendehowa High School	Departure Time: 12:30 PM Return Date: Return Time: 5:00 PM	L
Feb 14, 2026	Sat	Post-Season (Sectionals)	@ TBD	12:30 PM		Shenendehowa High School		L

Date: 2025-12-05