

Coaches:

- Kevin Upcraft, Head Coach
- Dave von Holtz, Asst CoachSally Oliver, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 15, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 18, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Nov 20, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 21, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 22, 2023	Wed	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Nov 24, 2023	Fri	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Nov 25, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Nov 29, 2023	Wed	Regular Season 81-99 L	Cicero-North Syracuse	5:00 PM		Mexico HS-Pool		NL
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 2, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 5, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 7, 2023	Thu	Regular Season 83-90 L	Fayetteville- Manlius	5:00 PM		Mexico HS-Pool		NL
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 9, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Dec 9, 2023	Sat	Regular Season (Invitational)	@ Indian River	11:00 AM		Middle School Poo	l	NL

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 9, 2023	Sat	Meet (Indian River Invitational)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side)	Departure Point: HIgh School Departure Date: Dec 9, 2023 Departure Time: 8:00 AM	NL
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 12, 2023	Tue	Regular Season 121-0-63 W	Auburn @ Syracuse City (Syracuse City)	6:00 PM	8:00 PM	Nottingham High School Pool	Departure Point: HIgh School Departure Date: Dec 12, 2023 Departure Time: 4:00 PM	L
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 16, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Dec 18, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 19, 2023	Tue	Regular Season 81-100 L	Fulton	5:00 PM		Mexico HS-Pool		NL
Dec 20, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 21, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Mexico HS-Pool		
Dec 22, 2023	Fri	Practice	N/A	5:30 AM	7:00 AM	Mexico HS-Pool		
Dec 23, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Dec 26, 2023	Tue	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Dec 27, 2023	Wed	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Dec 28, 2023	Thu	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Dec 29, 2023	Fri	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Dec 30, 2023	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Dec 31, 2023	Sun	Practice	N/A	8:00 AM	9:30 AM	Mexico HS-Pool		
Jan 2, 2024	Tue	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 3, 2024	Wed	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 4, 2024	Thu	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 5, 2024	Fri	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 6, 2024	Sat	Regular Season (Jim Dewitt Invitational at Newark Central School District)	@ Newark	11:00 AM		Newark HS	Departure Point: HIgh School Departure Date: Jan 6, 2024 Departure Time: 7:15 AM	NL
Jan 8, 2024	Mon	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 9, 2024	Tue	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 10, 2024	Wed	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 11, 2024	Thu	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
POSTPONED Jan 11, 2024	Thu	Regular Season	Watertown @ South Jefferson	5:00 PM		SJ HS/MS - Pool	Departure Date: Jan 11, 2024 Departure Time: 3:00 PM	NL
Jan 12, 2024	Fri	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 13, 2024	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Jan 13, 2024	Sat	Regular Season (SCAC dive invite at Nottingham HS)	@ TBD	9:30 AM		TBD		NL
Jan 15, 2024	Mon	Practice	N/A	7:45 AM	10:00 AM	Mexico HS-Pool		
Jan 16, 2024	Tue	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 16, 2024	Tue	Regular Season 53-39 W	@ Pulaski	5:00 PM		Pulaski MS/HS Pool	Departure Point: High School Departure Date: Jan 16, 2024 Departure Time: 3:30 PM	L
Jan 17, 2024	Wed	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 19, 2024	Fri	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 20, 2024	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		
Jan 22, 2024	Mon	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 23, 2024	Tue	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 23, 2024	Tue	Regular Season 96-88 W	@ Oswego	5:00 PM		Oswego HS-Pool	Departure Point: HIgh School Departure Date: Jan 23, 2024 Departure Time: 3:30 PM	L
Jan 24, 2024	Wed	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 25, 2024	Thu	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 25, 2024	Thu	Regular Season 94-80 W	Lowville	5:30 PM		Mexico HS-Pool		L
Jan 26, 2024	Fri	Practice	N/A	4:00 PM	5:50 PM	Mexico HS-Pool		
Jan 27, 2024	Sat	Practice	N/A	7:30 AM	10:25 AM	Mexico HS-Pool		

Jan 27, 2024	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 30, 2024 Tue Regular Season RVA PM PM PM Mexico HS-Pool L	Jan 27, 2024	Sat	(Burgos Memorial Dive Invite at	@ TBD			TBD		NL
Jan 31, 2024 Wed Practice N/A 400 550 PM Mexico HS-Pool PM PM PM PM PM PM PM P	Jan 29, 2024	Mon	Practice	N/A			Mexico HS-Pool		
PM	Jan 30, 2024	Tue		Weedsport			Mexico HS-Pool		L
Feb 1, 2024	Jan 31, 2024	Wed	Practice	N/A			Mexico HS-Pool		
Feb 3, 2024	Feb 1, 2024	Thu		-			JD MS Pool	Jan 9, 2024 Departure Time:	L
Feb 3, 2024 Mon Practice N/A AM AM Mexico HS-Pool Feb 5, 2024 Mon Practice N/A 4:00 5:50 PM	Feb 2, 2024	Fri	Practice	N/A			Mexico HS-Pool		
Feb 5, 2024 Mon Practice N/A PM PM Mexico HS-Pool	Feb 3, 2024	Sat	Practice	N/A			Mexico HS-Pool		
Feb 10, 2024 Wed Practice N/A PM PM PM Mexico HS-Pool	Feb 5, 2024	Mon	Practice	N/A			Mexico HS-Pool		
Feb 7, 2024 Wed Practice N/A PM PM Mexico HS-Pool	Feb 6, 2024	Tue	Practice	N/A			Mexico HS-Pool		
Feb 9, 2024	Feb 7, 2024	Wed	Practice	N/A			Mexico HS-Pool		
Feb 10, 2024 Sat Practice N/A 7:30 10:25 AM Mexico HS-Pool Feb 10, 2024 Sat Practice N/A 7:30 10:25 AM Mexico HS-Pool Feb 10, 2024 Sat Practice N/A 7:30 10:25 AM Mexico HS-Pool Feb 10, 2024 Sat Practice N/A 7:30 10:25 AM Mexico HS-Pool Feb 12, 2024 Mon Practice N/A 4:00 5:50 PM	Feb 8, 2024	Thu	Practice	N/A			Mexico HS-Pool		
Feb 10, 2024 Sat Practice N/A AM AM Mexico HS-Pool Feb 10, 2024 Sat Practice N/A AM AM Mexico HS-Pool Feb 10, 2024 Sat Practice N/A AM AM Mexico HS-Pool Feb 12, 2024 Mon Practice N/A 4:00 5:50 PM	Feb 9, 2024	Fri	Practice	N/A			Mexico HS-Pool		
Feb 10, 2024 Sat (Section 3 class B diving championship at Nottingham) Feb 12, 2024 Mon Practice N/A 4:00 5:50 PM PM PM Mexico HS-Pool Feb 13, 2024 Tue Qualifier Diving championship at Nottingham HS) Feb 13, 2024 Tue Practice N/A 4:00 5:50 PM PM PM PM PM Mexico HS-Pool Feb 13, 2024 Tue Practice N/A 4:00 5:50 PM	Feb 10, 2024	Sat	Practice	N/A			Mexico HS-Pool		
Feb 13, 2024 Tue Post-Season (STate Qualifier Diving championship at Nottingham HS) Feb 13, 2024 Tue Practice N/A PM PM PM TBD NL TBD NL Feb 13, 2024 Tue Practice N/A PM PM PM TBD NL TBD NL TBD NL TBD Departure Date: Feb 14, 2024 Departure Date: Feb 14, 2024 Departure Time: 11:30 AM Feb 14, 2024 Tue Practice N/A PM TBD Departure Date: Feb 14, 2024 Departure Time: 11:30 AM NL TBD TBD Departure Date: Feb 14, 2024 Departure Time: 11:30 AM NL TBD Departure Time: 11:30 AM TBD Departure Point: HS Departure Point: HS Departure Date: NI	Feb 10, 2024	Sat	(Section 3 class B diving championship	@ TBD			TBD		NL
Feb 13, 2024 Tue Qualifier Diving championship at Nottingham HS) Reb 13, 2024 Tue Practice N/A A:00 5:50 PM PM Mexico HS-Pool Peparture Date: Feb 14, 2024 Departure Time: 11:30 AM Feb 14, 2024 Wed Practice N/A A:00 PM TBD Reb 14, 2024 PM TBD Departure Date: Feb 14, 2024 Departure Time: 11:30 AM NL Reb 14, 2024 Thu Practice N/A A:00 5:50 PM PM Mexico HS-Pool PM Departure Point: HS Departure Point: HS Departure Point: HS Departure Date: Feb 16, 2024 Departure Time: 11:30 AM NL TBD Departure Point: HS Departure Point: HS Departure Date: NI Departure Point: HS Departure Date: NI Departure Point: HS Departure Date: NI	Feb 12, 2024	Mon	Practice	N/A			Mexico HS-Pool		
Feb 13, 2024 Tue Practice N/A PM PM Mexico HS-Pool Post-Season (Section 3 class B swimming Championship at Nottingham HS) Feb 14, 2024 Wed Practice N/A 4:00 5:50 PM	Feb 13, 2024	Tue	Qualifier Diving championship at	@ TBD			TBD		NL
Feb 14, 2024 Wed Swimming Championship at Nottingham HS) Feb 14, 2024 Wed Practice N/A 4:00 5:50 PM	Feb 13, 2024	Tue	Practice	N/A			Mexico HS-Pool		
Feb 14, 2024 Wed Practice N/A PM PM Mexico HS-Pool Feb 15, 2024 Thu Practice N/A 4:00 5:50 PM PM Mexico HS-Pool Post-Season (State Qualifier Swimming Q TRD 2:30 TRD Departure Date: NI	Feb 14, 2024	Wed	(Section 3 class B swimming Championship at	@ TBD			TBD	Feb 14, 2024 Departure Time:	NL
Post-Season (State Qualifier Swimming Qualifier Swimming PM PM Mexico HS-Pool Departure Point: HS Departure Date: Departure Date:	Feb 14, 2024	Wed	Practice	N/A			Mexico HS-Pool		
Post-Season (State HS Qualifier Swimming QUALIFIC SWIMING SWIMING SWIMING SWIMMING SWIMING SWIMMING SWIMING SW	Feb 15, 2024	Thu	Practice	N/A			Mexico HS-Pool		
Nottingham) PM Peg 16, 2024 Departure Time: 11:30 AM	Feb 16, 2024	Fri	Qualifier Swimming championship at	@ TBD	2:30 PM		TBD	HS Departure Date: Feb 16, 2024 Departure Time:	NL
Feb 16, 2024 Fri Practice N/A 4:00 5:50 Mexico HS-Pool PM PM	Feb 16, 2024	Fri	Practice	N/A			Mexico HS-Pool		
Feb 17, 2024 Sat Practice N/A 7:30 10:25 AM AM Mexico HS-Pool	Feb 17, 2024	Sat	Practice	N/A			Mexico HS-Pool		

DATE	WEEI DAY	K TYPE	OPPONENTS	STAR ^T TIME	T END TIME LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Feb 19, 2024	Mon	Practice	N/A	7:45 AM	10:00 AM Mexico HS-Pool	
Feb 22, 2024	Thu	Practice	N/A	7:45 AM	10:00 AM Mexico HS-Pool	
Feb 23, 2024	Fri	Practice	N/A	7:45 AM	10:00 AM Mexico HS-Pool	
Feb 26, 2024	Mon	Practice	N/A	4:00 PM	5:50 PM Mexico HS-Pool	
Feb 27, 2024	Tue	Practice	N/A	3:00 PM	4:50 PM Mexico HS-Pool	
Feb 28, 2024	Wed	Practice	N/A	4:00 PM	5:50 PM Mexico HS-Pool	
Feb 29, 2024	Thu	Practice	N/A	4:00 PM	5:50 PM Mexico HS-Pool	
Mar 1, 2024	Fri	Practice	N/A	4:00 PM	5:50 PM Mexico HS-Pool	

Date: 2024-04-19