



Our Lady of Lourdes

(B) V Swimming/Diving

Coaches:

- Eileen Bernhardt
- Amery Bernhardt

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION / NON-LEAGUE |
|-----------------------|----------|---|---------------|------------|----------|----------------------------|-------------------------------|--|
| Nov 12, 2019 | Tue | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Nov 14, 2019 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Nov 15, 2019 | Fri | Practice (Practice) | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |
| Nov 16, 2019 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Nov 18, 2019 | Mon | Practice | N/A | 5:30 PM | 7:30 PM | Poughkeepsie Middle School | | |
| Nov 19, 2019 | Tue | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Nov 21, 2019 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Nov 22, 2019 | Fri | Practice (Practice) | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |
| Nov 23, 2019 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Nov 25, 2019 | Mon | Practice | N/A | 5:30 PM | 7:30 PM | Poughkeepsie Middle School | | |
| Nov 26, 2019 | Tue | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Nov 30, 2019 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| CANCELLED Dec 2, 2019 | Mon | Practice | N/A | 5:30 PM | 7:30 PM | Poughkeepsie Middle School | | |
| Dec 3, 2019 | Tue | Regular Season @ Peekskill | | 4:30 PM | | Peekskill Middle School | Bus/Driver: Shuttle | Departure Point: Lourdes North Parking Lot Departure Time: 2:30 PM L |
| Dec 5, 2019 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Dec 6, 2019 | Fri | Regular Season @ Nyack | | 5:00 PM | | Rockland Community College | Bus/Driver: Shuttle | Departure Point: Lourdes North Parking Lot Departure Time: 2:30 PM L |
| Dec 7, 2019 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Dec 9, 2019 | Mon | Regular Season | Tappan Zee HS | 5:00 PM | | Poughkeepsie Middle School | | L |
| Dec 10, 2019 | Tue | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Dec 12, 2019 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Dec 13, 2019 | Fri | Regular Season | Keio Academy | 5:00 PM | | Poughkeepsie Middle School | | L |
| Dec 14, 2019 | Sat | Practice (Not a practice. Wizard invitational swim meet at washingtonville high school) | N/A | TBD | | TBD | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION / NON-LEAGUE |
|------------------------|----------|---|----------------|------------|----------|----------------------------|---------------------|--|
| Dec 16, 2019 | Mon | Practice | N/A | 5:30 PM | 7:30 PM | Poughkeepsie Middle School | | |
| POSTPONED Dec 19, 2019 | Thu | Regular Season | @ Eastchester | 4:30 PM | | Sarah Lawrence College | Bus/Driver: JTR | Departure Time: 2:00 PM L |
| Dec 20, 2019 | Fri | Practice (Practice) | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |
| Dec 21, 2019 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Jan 6, 2020 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:00 PM | Poughkeepsie Middle School | | |
| Jan 7, 2020 | Tue | Regular Season | Mount Vernon | 5:00 PM | | Poughkeepsie Middle School | | L |
| Jan 9, 2020 | Thu | Regular Season | Woodlands HS | 5:00 PM | | Poughkeepsie Middle School | | L |
| Jan 10, 2020 | Fri | Practice | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |
| Jan 11, 2020 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Jan 13, 2020 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:00 PM | Poughkeepsie Middle School | | |
| Jan 14, 2020 | Tue | Regular Season | @ Port Chester | 5:00 PM | | Carver Center Pool | Bus/Driver: Shuttle | Departure Point: Lourdes North Parking Lot Departure Time: 2:30 PM L |
| Jan 16, 2020 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Jan 17, 2020 | Fri | Regular Season | Beacon | 5:00 PM | | Poughkeepsie Middle School | Bus/Driver: Shuttle | Departure Point: Lourdes North Parking Lot Departure Time: 2:30 PM L |
| Jan 18, 2020 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Jan 20, 2020 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:00 PM | Poughkeepsie Middle School | | |
| Jan 21, 2020 | Tue | Regular Season (Tri Meet with Lourdes, Pelham and Poughkeepsie) | Pelham | 5:00 PM | | Poughkeepsie Middle School | | L |
| Jan 23, 2020 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Jan 24, 2020 | Fri | Practice | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |
| Jan 25, 2020 | Sat | Practice | N/A | 12:00 PM | 1:30 PM | Poughkeepsie Middle School | | |
| Jan 27, 2020 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:00 PM | Poughkeepsie Middle School | | |
| Jan 28, 2020 | Tue | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Jan 30, 2020 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Jan 31, 2020 | Fri | Practice | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |

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|--------------|----------|---|-----------|------------|----------|------------------------------|-----------|-----------------------------|
| Feb 1, 2020 | Sat | Practice (Divisionals. Not a practice. Most likely early am at beacon high school) | N/A | TBD | TBD | | | |
| Feb 3, 2020 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:00 PM | Poughkeepsie Middle School | | |
| Feb 4, 2020 | Tue | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Feb 6, 2020 | Thu | Practice (Practice) | N/A | 7:30 PM | 9:00 PM | Poughkeepsie Middle School | | |
| Feb 7, 2020 | Fri | Practice | N/A | 5:15 PM | 6:30 PM | Poughkeepsie Middle School | | |
| Feb 8, 2020 | Sat | Practice | N/A | TBD | 1:30 PM | Poughkeepsie Middle School | | |
| Feb 10, 2020 | Mon | Practice (Sectionals. Not a practice. Qualifiers only) | N/A | 5:00 PM | | felix festa middle school | | |
| Feb 11, 2020 | Tue | Practice (Sectionals. Not a practice. Qualifiers only) | N/A | 5:00 PM | | felix festa middle school | | |

Date: 2026-01-11