



Norwich

(G) V Swimming/Diving

Coaches:

- Sandra Gantt, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 21, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 22, 2023	Tue	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 22, 2023	Tue	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 23, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 23, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 24, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 24, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 25, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 25, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 26, 2023	Sat	Practice (Varsity Swimming - Girls N/A Swim/ Yoga)		8:30 AM	10:30 AM	NHS Pool			
Aug 28, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 28, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 29, 2023	Tue	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 29, 2023	Tue	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 30, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Aug 30, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Aug 31, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 31, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Sep 1, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		7:30 AM	9:00 AM	NHS Pool			
Sep 1, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		6:00 PM	8:00 PM	NHS Pool			
Sep 2, 2023	Sat	Practice (Varsity Swimming - Girls N/A Swim/ Yoga)		8:30 AM	10:30 AM	NHS Pool			
Sep 4, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Sep 5, 2023	Tue	Regular Season 63-60 W	Susquehanna Valley	5:30 PM	8:00 PM	NHS Pool			L
Sep 6, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Sep 7, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Sep 8, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Sep 11, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Sep 12, 2023	Tue	Regular Season 56-105 L	@ Waverly	5:30 PM	8:00 PM	Waverly High School Pool	Class Dismissal: 2:45 PM	Departure Point: HS Gym Doors Departure Date: Sep 12, 2023 Departure Time: 3:00 PM	L
Sep 13, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Sep 14, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Sep 15, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Sep 16, 2023	Sat	Regular Season (Johnson City Relay)	@ TBD	TBD		TBD		Departure Point: High School Gym Doors Departure Date: Sep 16, 2023 Departure Time: 11:00 AM	L
Sep 18, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Sep 20, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Sep 21, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Regular Season 51-80 L	@ Chenango Valley (Chenango Valley)	5:30 PM	8:00 PM	CV - HS Pool	Departure Point: HS Gym Doors Departure Date: Sep 22, 2023 Departure Time: 3:30 PM		L
Sep 23, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool			
Sep 25, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool			
Sep 27, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool			
Sep 28, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool			
Sep 29, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool			
Sep 30, 2023	Sat	Regular Season (Main Endwell Invitational)	@ TBD	TBD		TBD	Departure Point: High School Gym Doors Departure Date: Sep 30, 2023 Departure Time: 10:00 AM		L
Oct 3, 2023	Tue	Regular Season 73-42 W	Greene	5:30 PM	8:00 PM	NHS Pool			L
Oct 4, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool			
Oct 5, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool			
Oct 5, 2023	Thu	Regular Season 73-98 L	Chenango Forks	5:30 PM	8:00 PM	NHS Pool			L
Oct 7, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool			
Oct 9, 2023	Mon	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool			
Oct 10, 2023	Tue	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool			
Oct 11, 2023	Wed	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool			
Oct 12, 2023	Thu	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	7:00 PM	NHS Pool			
Oct 12, 2023	Thu	Regular Season 58-92 L	Owego Apalachin	5:30 PM	8:00 PM	NHS Pool			L
Oct 13, 2023	Fri	Practice (Varsity Swimming - Girls)	N/A	4:30 PM	6:30 PM	NHS Pool			
Oct 14, 2023	Sat	Practice (Varsity Swimming - Girls Swim/ Yoga)	N/A	8:30 AM	10:30 AM	NHS Pool			

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Oct 16, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Oct 17, 2023	Tue	Regular Season 84-73 W	Windsor	6:30 PM	8:00 PM	NHS Pool			L
Oct 18, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Oct 19, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Oct 20, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Oct 20, 2023	Fri	Regular Season 58-90 L	@ Maine-Endwell	5:30 PM		Maine-Endwell HS Pool			NL
Oct 21, 2023	Sat	Practice (Varsity Swimming - Girls N/A Swim/ Yoga)		8:30 AM	10:30 AM	NHS Pool			
Oct 23, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Oct 24, 2023	Tue	Regular Season 56-81 L	@ Oneonta	5:30 PM	8:00 PM	Oneonta High School			L
Oct 25, 2023	Wed	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Oct 26, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		4:30 PM	7:00 PM	NHS Pool			
Oct 27, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Oct 28, 2023	Sat	Practice (Varsity Swimming - Girls N/A Swim/ Yoga)		8:30 AM	10:30 AM	NHS Pool			
Oct 30, 2023	Mon	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Oct 31, 2023	Tue	Practice (Varsity Swimming - Girls N/A)		4:30 PM	6:30 PM	NHS Pool			
Nov 1, 2023	Wed	Regular Season (Varsity Swim prelims - Maine Endwell HS Pool)	@ TBD	3:30 PM		TBD	Class Dismissal: 1:15 PM		NL
Nov 2, 2023	Thu	Practice (Varsity Swimming - Girls N/A)		4:30 PM	5:30 PM	NHS Pool			
Nov 3, 2023	Fri	Practice (Varsity Swimming - Girls N/A)		4:30 PM	5:30 PM	NHS Pool			

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Nov 4, 2023	Sat	Regular Season (Varsity Swim Class B / Sectionals - Maine Endwell HS Pool)	@ TBD	4:00 PM		TBD	Class Dismissal: 12:45 PM	Departure Point: High School Gym Doors Departure Time: 1:00 PM	NL

Date: 2024-04-18