



Norwich

(G) V Swimming/Diving

Coaches:

- Saundra Gantt, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------|-----------|------------|----------|----------|-----------|----------------|---------------------|
| Aug 22, 2022 | Mon | Practice (Practice) | N/A | 8:00 AM | 10:00 AM | NHS Pool | | | |
| Aug 22, 2022 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Aug 23, 2022 | Tue | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Aug 23, 2022 | Tue | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Aug 24, 2022 | Wed | Practice (Practice) | N/A | 8:00 AM | 11:00 AM | NHS Pool | | | |
| Aug 25, 2022 | Thu | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Aug 25, 2022 | Thu | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Aug 26, 2022 | Fri | Practice (Practice) | N/A | 8:00 AM | 10:00 AM | NHS Pool | | | |
| Aug 26, 2022 | Fri | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Aug 27, 2022 | Sat | Practice (Practice) | N/A | 8:00 AM | 10:30 AM | NHS Pool | | | |
| Aug 29, 2022 | Mon | Practice (Practice) | N/A | 8:00 AM | 10:00 AM | NHS Pool | | | |
| Aug 29, 2022 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Aug 30, 2022 | Tue | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Aug 30, 2022 | Tue | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Aug 31, 2022 | Wed | Practice (Practice) | N/A | 8:00 AM | 10:00 AM | NHS Pool | | | |
| Aug 31, 2022 | Wed | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Sep 1, 2022 | Thu | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Sep 1, 2022 | Thu | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Sep 2, 2022 | Fri | Practice (Practice) | N/A | 8:00 AM | 10:00 AM | NHS Pool | | | |
| Sep 2, 2022 | Fri | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Sep 3, 2022 | Sat | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Sep 5, 2022 | Mon | Practice (Practice) | N/A | 5:30 PM | 7:30 PM | NHS Pool | | | |
| Sep 6, 2022 | Tue | Regular Season 76-64 W | Greene | 5:30 PM | 7:00 PM | NHS Pool | | | L |
| Sep 7, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Sep 8, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 9, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|--------------------------|------------------------------------|--|---------------------|
| Sep 10, 2022 | Sat | Regular Season (2022 Wolverine Swim & Dive Invite) 199-436-366-324-181-150-78-197 L | Corning-Painted Post, Chenango Valley, Maine-Endwell, Elmira, Notre Dame, Elmira, Susquehanna Valley @ Waverly | 5:00 PM | | Waverly High School Pool | | | NL |
| Sep 12, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 13, 2022 | Tue | Regular Season 83-45 W | @ Susquehanna Valley | 5:30 PM | 7:00 PM | SVHS Pool | Class Dismissal: 3:00 PM | Departure Point: Highschool Gym Doors Departure Time: 3:15 PM | L |
| Sep 14, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Sep 15, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 16, 2022 | Fri | Regular Season (JC Relay Invitational) | TBD | 8:00 AM | 4:00 PM | Johnson City High School | | Departure Point: High School Gym Doors | NL |
| Sep 16, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Sep 17, 2022 | Sat | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Sep 19, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 20, 2022 | Tue | Regular Season | @ Chenango Forks | 5:30 PM | 7:00 PM | High School - Pool | | Departure Point: Highschool Gym Doors Departure Time: 3:30 PM | L |
| Sep 21, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Sep 22, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 23, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Sep 24, 2022 | Sat | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Sep 26, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 27, 2022 | Tue | Regular Season 59-88 L | Chenango Valley | 6:00 PM | 8:00 PM | NHS Pool | | | L |
| Sep 28, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Sep 29, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Sep 29, 2022 | Thu | Regular Season | @ Maine-Endwell | 5:30 PM | | Maine-Endwell HS Pool | Class Dismissal: 3:00 PM | Departure Point: Highschool Gym Doors Departure Time: 3:15 PM | NL |
| Oct 3, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Oct 4, 2022 | Tue | Regular Season | Owego Apalachin | 5:30 PM | 7:00 PM | NHS Pool | | | L |
| Oct 5, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |

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|--------------|----------|---|-----------|------------|----------|--------------------------|-------------------------------------|--|---------------------|
| Oct 7, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 8, 2022 | Sat | Regular Season (Maine-Endwell Invitational) | @ TBD | 1:00 PM | 7:00 PM | TBD | | Departure Point: High School Gym Doors Departure Time: 10:15 AM | NL |
| Oct 10, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Oct 11, 2022 | Tue | Regular Season 75-86 L | @ Windsor | 5:30 PM | 7:00 PM | Windsor High School Pool | Class Dismissal: 3:00 PM | Departure Point: Highschool Gym Doors Departure Time: 3:15 PM | L |
| Oct 12, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 13, 2022 | Thu | Regular Season (Senior Night) | Oneonta | 5:30 PM | 7:00 PM | NHS Pool | | | L |
| Oct 14, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 15, 2022 | Sat | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Oct 17, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Oct 19, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 20, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Oct 21, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 22, 2022 | Sat | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Oct 24, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Oct 25, 2022 | Tue | Practice (Practice) | N/A | 4:00 PM | 6:15 PM | NHS Pool | | | |
| Oct 26, 2022 | Wed | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 27, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Oct 28, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Oct 29, 2022 | Sat | Practice (Practice) | N/A | 8:30 AM | 10:30 AM | NHS Pool | | | |
| Oct 31, 2022 | Mon | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Nov 1, 2022 | Tue | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |
| Nov 2, 2022 | Wed | Post-Season (Class B Sectional Championships) | @ TBD | TBD | | TBD | Class Dismissal: 12:15 PM | Departure Point: High School Gym Doors Departure Time: 12:30 PM | NL |
| Nov 3, 2022 | Thu | Practice (Practice) | N/A | 4:00 PM | 7:00 PM | NHS Pool | | | |
| Nov 4, 2022 | Fri | Practice (Practice) | N/A | 4:00 PM | 6:00 PM | NHS Pool | | | |

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|-------------|----------|--|-----------|------------|----------|----------|---|----------------|---------------------|
| Nov 5, 2022 | Sat | Post-Season (Class B Sectional Championships) | @ TBD | TBD | | TBD | | | NL |
| | | | | | | | Departure Point: High School Gym Doors Departure Time: 12:45 PM | | |

Date: 2025-12-14