

Nov 14, 2022	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 16, 2022 Wed Practice (Boys Varsity Swim Practice)	Nov 14, 2022	Mon		N/A			NHS Pool		
Nov 17, 2022 Thu	Nov 15, 2022	Tue		N/A			NHS Pool		
Nov 18, 2022	Nov 16, 2022	Wed		N/A			NHS Pool		
Nov 21, 2022 Mon Practice (Boys Varsity Swim Practice) N/A PM PM PM PM PM PM PM P	Nov 17, 2022	Thu		N/A			NHS Pool		
Nov 21, 2022 Mon Practice (Boys Varsity Swim Practice)	Nov 18, 2022	Fri		N/A			NHS Pool		
Nov 21, 2022 Tue	Nov 21, 2022	Mon		N/A			NHS Pool		
Nov 22, 2022 Wed Practice (Varsity Boys Swim Practice)	Nov 21, 2022	Mon		N/A					
Nov 26, 2022 Sat Practice (Boys Varsity Swim Practice) N/A AM AM AM AM AM NHS Pool Nov 26, 2022 Sat Practice (Boys Varsity Swim Practice) N/A 4:00 AM 7:00 PM NHS Pool Nov 28, 2022 Mon Practice (Boys Varsity Swim Fitness Room) N/A 6:00 PM 7:00 PM NHS Fitness Room Nov 29, 2022 Tue Practice (Goys Varsity Swim Practice) N/A 3:30 4:30 PM NHS Pool Nov 30, 2022 Wed Practice (Boys Varsity Swim Practice) N/A 4:00 PM PM PM NHS Pool Dec 1, 2022 Thu Practice (Boys Varsity Swim Practice) N/A 4:00 PM PM PM NHS Pool Dec 2, 2022 Fri Practice (Boys Varsity Swim Practice) N/A 3:30 5:30 NHS Pool Dec 5, 2022 Mon Practice (Varsity Boys Swim Practice) N/A 3:30 6:30 NHS Pool Dec 6, 2022 Mon Practice (Boys Varsity Swim Fitness Room) N/A 9M PM PM PM NHS Pool Dec 7, 2022 Wed Practice (Boys Varsity Swim Practice) N/A	Nov 22, 2022	Tue		N/A			NHS Pool		
Nov 28, 2022 Mon Practice (Boys Varsity Swim Practice) N/A 4:00 7:00 PM	Nov 23, 2022	Wed		N/A			NHS Pool		
Nov 28, 2022 Mon Practice (Boys Varsity Swim Fitness Room) N/A PM PM PM Room PM PM PM PM PM PM PM P	Nov 26, 2022	Sat		N/A			NHS Pool		
Nov 28, 2022 Mon Swim Fitness Room) N/A PM P	Nov 28, 2022	Mon		N/A			NHS Pool		
Nov 29, 2022 Tue Swim Practice N/A PM PM PM NHS Pool Nov 30, 2022 Wed Practice (Boys Varsity Swim Practice) N/A 4:00 6:00 PM PM PM PM PM NHS Pool Dec 1, 2022 Thu Practice (Boys Varsity Swim Practice) N/A 3:30 5:30 PM PM PM PM PM NHS Pool Dec 2, 2022 Fri Practice (Boys Varsity Swim Practice) N/A 3:30 6:30 PM	Nov 28, 2022	Mon		N/A					
Dec 1, 2022 Thu	Nov 29, 2022	Tue		N/A			NHS Pool		
Dec 1, 2022	Nov 30, 2022	Wed		N/A			NHS Pool		
Dec 2, 2022 FIT Swim Practice) N/A PM	Dec 1, 2022	Thu		N/A			NHS Pool		
Dec 5, 2022 Mon Swim Practice (Boys Varsity Swim Fitness Room) N/A PM PM PM PM Room PM PM Room Dec 5, 2022 Tue Regular Season 57-69 L Greene 5:30 7:00 PM PM PM PM Room NHS Pool L Dec 7, 2022 Wed Practice (Boys Varsity Swim Practice) N/A 3:30 5:30 PM PM PM PM Room NHS Pool Dec 8, 2022 Thu Practice (Varsity Boys Swim Practice) N/A 3:30 6:30 PM PM PM Room NHS Pool Dec 8, 2022 Thu Practice (Boys Varsity Swim Fitness Room) N/A 6:00 7:00 NHS Fitness Room Practice (Boys Varsity Swim Fitness Room) N/A PM PM Room	Dec 2, 2022	Fri		N/A			NHS Pool		
Dec 5, 2022 Mon Swim Fitness Room) N/A PM PM Room Dec 6, 2022 Tue Regular Season 57-69 L Symmetric (Boys Varsity Swim Practice) N/A Swim Practice (Parsity Boys PM	Dec 5, 2022	Mon		N/A			NHS Pool		
Dec 7, 2022 Wed Practice (Boys Varsity Swim Practice) Dec 8, 2022 Thu Practice (Varsity Boys Swim Practice) Dec 8, 2022 Thu Practice (Boys Varsity Swim Practice) Dec 8, 2022 Thu Practice (Boys Varsity Swim Practice) Dec 8, 2022 Thu Practice (Boys Varsity Swim Fitness Room)	Dec 5, 2022	Mon		N/A					
Dec 8, 2022 Thu Practice (Varsity Boys Swim Practice) Dec 8, 2022 Thu Practice (Varsity Boys Swim Practice) Dec 8, 2022 Thu Practice (Boys Varsity Swim Fitness Room)	Dec 6, 2022	Tue		Greene			NHS Pool		L
Dec 8, 2022 Thu Swim Practice) N/A PM PM NHS Pool Practice (Boys Varsity Swim Fitness Room)	Dec 7, 2022	Wed		N/A			NHS Pool		
Swim Fitness Room) Practice (Roys Varsity 3:30 5:30	Dec 8, 2022	Thu		N/A			NHS Pool		
Practice (Boys Varsity N/A 3:30 5:30 NII S 1	Dec 8, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A					
Dec 9, 2022 Fri Swim Practice) N/A PM PM NHS Pool	Dec 9, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A			NHS Pool		
Dec 12, 2022 Mon Practice (Varsity Boys Swim Practice) N/A 3:30 6:30 NHS Pool	Dec 12, 2022	Mon		N/A			NHS Pool		
Dec 12, 2022 Mon Practice (Boys Varsity Swim Fitness Room) N/A 6:00 7:00 NHS Fitness PM PM Room	Dec 12, 2022	Mon		N/A					

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 13, 2022	Tue	Regular Season 64-48 W	@ Susquehanna Valley	5:30 PM	7:00 PM	SVHS Pool	Departure Point: High School Gym Doors Departure Time: 3:30 PM	L
Dec 14, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 15, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 15, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 16, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 19, 2022	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 19, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 20, 2022	Tue	Regular Season 55-80 L	@ Chenango Forks	5:30 PM	7:00 PM	High School - Pool	Departure Point: High School Gym Doors Departure Time: 3:45 PM	L
Dec 21, 2022	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 22, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Dec 22, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 23, 2022	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Dec 26, 2022	Mon	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 26, 2022	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 27, 2022	Tue	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 28, 2022	Wed	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 29, 2022	Thu	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Dec 29, 2022	Thu	Regular Season (Chenango Valley Invitational)	@ TBD	9:00 AM	1:00 PM	TBD	Departure Point: NHS Gym Doors Departure Time: 8:00 AM	L
Dec 29, 2022	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Dec 30, 2022	Fri	Practice (Varsity Boys Swim Practice)	N/A	8:30 AM	11:00 AM	NHS Pool		
Jan 2, 2023	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Jan 2, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 3, 2023	Tue	Regular Season 41-71 L	Chenango Valley	6:00 PM	7:30 PM	NHS Pool		L
Jan 4, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 5, 2023	Thu	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 5, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 6, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 9, 2023	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Jan 9, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 10, 2023	Tue	Regular Season 55-68 L	Owego Apalachin	5:30 PM	7:00 PM	NHS Pool		L
Jan 11, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 12, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 12, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 13, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 16, 2023	Mon	Practice (Varsity Boys Swim Practice)	N/A	3:30 PM	6:30 PM	NHS Pool		
Jan 16, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 17, 2023	Tue	Regular Season	@ Windsor	5:30 PM	7:00 PM	Windsor High School Pool	Departure Point: High School Gym Doors Departure Time: 3:30 PM	L
Jan 18, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 19, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 19, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 20, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 23, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 23, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 24, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 25, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Jan 26, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 26, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 27, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Jan 30, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Jan 30, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Jan 31, 2023	Tue	Regular Season	Oneonta	5:30 PM	7:00 PM	NHS Pool		L
Feb 1, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Feb 2, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 2, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 3, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 6, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 6, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 7, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 8, 2023	Wed	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	6:00 PM	NHS Pool		
Feb 9, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 9, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 10, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 13, 2023	Mon	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 13, 2023	Mon	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 14, 2023	Tue	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 15, 2023	Wed	Post-Season (Sectional Prelims)	@ TBD	TBD		TBD		NL
Feb 16, 2023	Thu	Practice (Boys Varsity Swim Practice)	N/A	4:00 PM	7:00 PM	NHS Pool		
Feb 16, 2023	Thu	Practice (Boys Varsity Swim Fitness Room)	N/A	6:00 PM	7:00 PM	NHS Fitness Room		
Feb 17, 2023	Fri	Practice (Boys Varsity Swim Practice)	N/A	3:30 PM	5:30 PM	NHS Pool		
Feb 18, 2023	Sat	Post-Season (Sectional Finals)	@ TBD	TBD		TBD		NL

Date: 2025-12-06