



South Jefferson

(G) V Swimming/Diving

Coaches:

- Pat Conners, Head Coach
- Leah Conners, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2019	Thu	Regular Season	@ Gouverneur	4:00 PM		Gouverneur HS		NL
Sep 5, 2019	Thu	Regular Season 97-85 W	@ Carthage	5:00 PM		Carthage HS Pool		L
Sep 10, 2019	Tue	Regular Season	@ Watertown	5:00 PM		Watertown H S		L
Sep 12, 2019	Thu	Regular Season	Indian River	5:00 PM		SJ HS/MS - Pool		L
Sep 17, 2019	Tue	Regular Season	@ Thousand Islands	5:30 PM		Thousand Islands Turf Field		L
Sep 19, 2019	Thu	Regular Season	Lowville	5:00 PM		SJ HS/MS - Pool		L
Sep 24, 2019	Tue	Regular Season	@ Beaver River	5:00 PM		Beaver River H S		L
Sep 26, 2019	Thu	Regular Season	South Lewis	5:00 PM		SJ HS/MS - Pool		L
Sep 28, 2019	Sat	Regular Season (Watertown Invitational)	@ Watertown	11:00 AM		Watertown H S		L
Oct 1, 2019	Tue	Regular Season 96-87 W	Carthage	5:00 PM		SJ HS/MS - Pool		L
Oct 3, 2019	Thu	Regular Season (*Senior Night)	Watertown	5:00 PM		SJ HS/MS - Pool		L
Oct 8, 2019	Tue	Regular Season	@ Indian River	5:00 PM		Middle School Pool		L
Oct 19, 2019	Sat	Regular Season (Frontier League Diving Championships)	South Lewis, Beaver River, Carthage, Indian River, Thousand Islands, Watertown @ Lowville	11:00 AM		Lowville High School Main Gym		L
Oct 26, 2019	Sat	Regular Season (Frontier League Swimming Championships)	South Lewis, Beaver River, Carthage, Indian River, Thousand Islands, Watertown @ Thousand Islands	11:00 AM		Thousand Islands Turf Field		L

Date: 2025-12-20