



South Jefferson

(B) V Swimming/Diving

Coaches:

- Paul Gaede Jr., Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED Nov 29, 2022	Tue	Regular Season	@ Indian River	5:00 PM		Middle School Pool		NL
Dec 1, 2022	Thu	Regular Season	@ Watertown	5:00 PM		Watertown H S		L
Dec 6, 2022	Tue	Regular Season	Gouverneur	5:00 PM		SJ HS/MS - Pool		L
Dec 10, 2022	Sat	Meet (Indian River Invitational)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side)		NL
Dec 12, 2022	Mon	Regular Season	@ Lowville	5:00 PM		Lowville High School Main Gym		L
Dec 22, 2022	Thu	Regular Season	Lowville	5:00 PM		SJ HS/MS - Pool		L
Jan 5, 2023	Thu	Regular Season	@ Gouverneur	5:00 PM		Gouverneur HS		L
Jan 10, 2023	Tue	Regular Season 112-58 W	@ Carthage	5:00 PM		Carthage HS Pool		L
Jan 12, 2023	Thu	Regular Season	Indian River	5:00 PM		SJ HS/MS - Pool		L
Jan 14, 2023	Sat	Regular Season (Tournament-Invitational)	TBD, Lowville, Indian River, Gouverneur @ Watertown	12:00 PM		Watertown H S		L
Jan 18, 2023	Wed	Regular Season	Lowville	5:00 PM		SJ HS/MS - Pool		NL
Jan 21, 2023	Sat	Meet (Frontier League Championship)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side)		NL
Jan 24, 2023	Tue	Regular Season 129-46-95 W	Gouverneur @ Carthage	5:00 PM		Carthage HS Pool		NL
Jan 30, 2023	Mon	Regular Season 85-98 L	@ Mexico	5:00 PM		Mexico HS-Pool		L
Jan 31, 2023	Tue	Regular Season (League Diving Championships)	Watertown, Lowville, Gouverneur @ Indian River	5:00 PM	6:30 PM	Middle School Pool		L

Date: 2025-12-19