



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 | | 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: 2024-04-28