



SPHS Swimming Schedule 2018-19

Date	Day	Location	Opponent
Nov 19	Mon	@ Stowe YMCA	Highland Tech, North Gaston, Stuart Cramer
Nov 28	Wed	@ Stowe YMCA	Ashbrook, East Gaston
Dec 5	Wed	@ Stowe YMCA	Highland Tech
Dec 6	Thu	@ Shelby HS	Shelby (6p start)
Dec 10	Mon	@ Stowe YMCA	Ashbrook
Dec 13	Thu	@ King Mtn HS	Burns, Crest, East Gaston, Kings Mountain (6p start)
Jan 7	Mon	@ Stowe YMCA	Forestview, Highland Tech
Jan 11	Fri	@ King Mtn HS	Conference Meet
Jan 16	Wed	@ Stowe YMCA	East Gaston, Highland Tech
Feb 1-2	Fri-Sat	@ TBD	2A Regional Meet
Feb 9	Sat	@ TAC - Cary	2A State Meet

*SPHS host meet

3:15pm (warm-ups)/ 3:45pm (start time) unless otherwise noted

Head Coach: MaryEllen Lewis **Athletic Director:** Kent Hyde **Principal:** Gary Ford