

SPHS Swimming Schedule 2023-24

Date	Day	Location	Opponents
November 16	Thursday	Kings Mountain HS	Ashbrook, Crest, & Kings Mountain (bus)
November 20	Monday	Stowe YMCA	Forestview & North Gaston
November 30	Thursday	Kings Mountain HS	Crest, Kings Mountain & Stuart Cramer (bus)
December 6	Wednesday	Stowe YMCA	East Gaston & Stuart Cramer
December 7	Thursday	Palisades HS	Palisades (bus)
January 9	Tuesday	Stowe YMCA	North Gaston & Shelby
January 16	Tuesday	Stowe YMCA	North Gaston & Stuart Cramer
January 26	Friday	Kings Mountain HS	Big South 3A Conference Meet (bus)
February 2	Friday	MAC - Charlotte	3A Regional Meet
February 10	Saturday	TAC - Cary	3A State Meet

Stowe YMCA Meets: 3:15 pm (warm-ups)/ 4:00 pm (start time) unless otherwise noted.

Kings Mtn Meets: 5:30 pm (warm-ups)/ 6:00 pm (start time) unless otherwise noted.

Head Coach: Sarah Little