

2022-23 NHIAA  
 Swimming and Diving Schedule  
 Updated 2.1.23

day	date	host	pool	warmup	start	Diving?	schools attending.
Sunday	12/4/2022	Nashua North	Boys & Girls Club of Greater Nashua	8:00 AM	8:45 AM	yes	Bishop Guertin, Nashua South
Sunday	12/4/2022	Pinkerton	Workout Club and Wellness Center - Londonderry	12:00 PM	1:00 PM	no	Portsmouth, Timberlane
Sunday	12/4/2022	Manchester	Downtown YMCA-Mechanic Street	1:00 PM	1:45 PM	no	Central, Memorial, Trinity, West
Monday <b>POSTPONED</b>	12/5/2022 Moved to 1/4/2022	Bedford	YMCA Allard Center of Goffstown	6:00 PM	7:00 PM	no	Alvirne, Bishop Brady, Bow, Derryfield
Tuesday	12/6/2022	Lebanon	CCBA	4:30 PM Dive 5:30 PM Swim	6:00 PM	Yes	Hanover, Stevens, Fall Mountain
Friday	12/9/2022	Londonderry/Campbell	Workout Club and Wellness Center - Londonderry	4:00 PM	5:00 PM	no	Timberlane, Conant/Mascenic, Belmont/Merrimack Valley/Pembroke
Friday	12/9/2022	Kearsarge/Sunapee/Hopkinton	Colby-Sawyer College	5:30 PM	6:30 PM	no	Exeter, Goffstown/John Stark, Keene/Monadnock, Milford, Plymouth, Stevens, Fall Mountain
Saturday	12/10/2022	Bishop Guertin	Boys & Girls Club of Greater Nashua	1:00 PM	1:45 PM	yes	Souhegan, Alvirne (Divers), Salem (Diver)
Sunday	12/11/2022	Oyster RiverIce Breaker Invite	UNH	1:00 (might move to 12 or12:30)	TBD	yes	Alvirne, Bishop Guertin, Derryfield, Dover, Gilford, Laconia/Inter-Lakes, Merrimack, Nashua North, Nashua South, Salem Spaulding, St. Thomas, Windham/Pelham, Winnacunnet
Friday <b>CANCELLED</b>	12/16/2022	Londonderry/Campbell	Workout Club and Wellness Center - Londonderry	4:00 PM	5:00 PM	no	Bedford, Alvirne
Friday <b>POSTPONED</b>	12/16/2022 Moved to 1/20/2022	Keene	Keene State College	5:00 PM	6:00 PM	no	Kearsarge/Sunapee/Hopkinton, Milford
Friday <b>POSTPONED</b>	12/16/2022 Moved to 12/19/2022	Concord	Concord YMCA	6:00 PM	6:30 PM	no	Bishop Brady, Bow, Belmont/Merrimack Valley/Pembroke
Friday	12/16/2022	Salem	Boys & Girls Club of Greater Salem	6:00 PM	7:00 PM	No	Merrimack
Saturday	12/17/2022	Portsmouth	Portsmouth Indoor Pool	1:00 PM	2:00 PM	No	Hollis-Brookline, Spaulding, St. Thomas, Winnacunnet
Sunday	12/18/2022	Alvirne	Workout Club and Wellness Center - Londonderry	12:00 PM	1:00 PM	no	Timberlane, Londonderry
Sunday	12/18/2022	Conant/Mascenic	The Wendell P. Clark Memorial YMCA	9:00 AM	10:00 AM	No	Derryfield, Souhegan
Sunday	12/18/2022	Nashua South	Boys & Girls Club of Greater Nashua	8:00 AM	8:45 AM	yes	Nashua North, Oyster River (Divers), Salem (Diver), Alvirne (Divers)
Sunday	12/18/2022	Windham	WCWC Salem	9:00 AM	10:00 AM	No	Pinkerton, Pelham
Monday	12/19/2022	Concord	YMCA Allard Center of Goffstown	6:00 PM	6:30 PM	no	Bishop Brady, Bow, Belmont/Merrimack Valley/Pembroke
Monday	12/19/2022	Hanover	CCBA	5:30 PM	6:00 PM	yes	Lebanon, Stevens, Hollis Brookline, Fall Mountain
Tuesday	12/20/2022	Goffstown/John Stark	YMCA Allard Center of Goffstown	6:30 PM	7:00 PM	no	Gilford, Oyster River/Coe-Brown/Newmarket, Laconia/Inter-Lakes, Concord
Tuesday	12/20/2022	Manchester	Downtown YMCA-Mechanic Street	5:30 PM	6:10 PM	no	Central, Memorial, Trinity, West
Wednesday	12/21/2022	Hanover - DIVE ONLY INVITE	Dartmouth College	3:30 PM	4:30 PM	yes - only	
Thursday	12/22/2022	Exeter	Phillips Exeter Academy	2:45 PM	3:30 PM	yes	Dover
Wednesday	1/4/2023	Bedford	YMCA Allard Center of Goffstown	6:00 PM	7:00 PM	no	Alvirne, Bishop Brady, Bow, Derryfield
Wednesday	1/4/2023	Manchester	Downtown YMCA-Mechanic Street	6:15 PM	6:30 PM	no	Central, Memorial, Trinity, West, Derryfield
Friday	1/6/2023	Londonderry/Campbell	Workout Club and Wellness Center - Londonderry	4:00 PM	5:00 PM	no	Hollis-Brookline, Souhegan, Salem, Alvirne, Milford
Friday <b>POSTPONED</b>	1/6/2023 Moved to 1/13/23	Kearsarge/Sunapee/Hopkinton	Colby-Sawyer College	5:30 PM	6:30 PM	no	Bishop Brady, Laconia/InterLakes, Plymouth
Friday	1/6/2023	Hanover	Upper Valley Aquatics Center	5:45 PM	6:15 PM	no	Concord, Lebanon, Stevens, Fall Mountain
Friday	1/6/2023	Keene	Keene State College	5:00 PM	6:00 PM	no	Merrimack
Friday <b>CANCELLED</b>	1/6/2023	Salem	Boys & Girls Club of Greater Salem	5:45 PM	6:45 PM		Alvirne, Milford
Saturday	1/7/2023	Oyster RiverHoliday Invite	UNH	12:00 noon	TBD	yes	Alvirne (Divers), Bishop Guertin, Bow, Conant/Mascenic, Derryfield, Dover Exeter, Gilford, Goffstown/John Stark, Hanover (Divers), Nashua North Nashua South, Pinkerton, Salem, Spaulding, St. Thomas
Saturday	1/7/2023	Windham	Workout Club and Wellness Center - Salem	1:00 PM	2:00 PM	no	Pelham, Bedford, Central, Memorial, West, Trinity, Belmont/Merrimack Valley/Pembroke
Saturday	1/7/2023	Portsmouth	Portsmouth Indoor Pool	1:00 PM	2:00 PM		Timberlane
Wednesday	1/11/2023	Stevens	Claremont Community Center	6:00 PM	7:00 PM	no	Kearsarge/Sunapee/Hopkinton, Lebanon, Fall Mountain
Friday	1/13/2023	Kearsarge/Sunapee/Hopkinton	Colby-Sawyer College	5:30 PM	6:30 PM	no	Plymouth
Friday	1/13/2023	Londonderry/Campbell	Workout Club and Wellness Center - Londonderry	4:00 PM	5:00 PM	no	Merrimack, Bow, Concord
Friday <b>CANCELLED</b>	1/13/2023	Bow	Concord YMCA	6:00 PM	7:00 PM	No	Concord
Friday	1/13/2023	Keene	Keene State College	5:00 PM	6:00 PM	no	Conant/Mascenic, Nashua South, Windham/Pelham
Friday	1/13/2023	Salem	Boys & Girls Club of Greater Salem	5:45 PM	6:45 PM		Nashua NorthSt. Thomas, Plymouth
Saturday	1/14/2023	Oyster River	UNH	12:00 PM	12:45 PM	yes	Portsmouth, Spaulding, Winnacunnet
Saturday	1/14/2023	Bishop Guertin	Boys & Girls Club of Greater Nashua	11:00 AM	11:45 AM		Bishop Brady, Milford, Souhegan
Saturday	1/14/2023	Pinkerton	Workout Club and Wellness Center - Londonderry	12:00 PM	1:00 PM	no	Hollis-Brookline, Exeter
Monday	1/16/2023	Bedford	YMCA Allard Center of Goffstown	6:00 PM	7:00 PM	No	Derryfield, Dover

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Friday	1/20/2023	Londonderry/Campbell	Workout Club and Wellness Center - Londonderry	4:20 PM	5:00 PM	no	Pinkerton
<del>Friday</del> <b>POSTPONED</b>	<del>1/20/2023</del> Moved to 1/24/23	Kearsarge/Sunapee/Hopkinton	Colby-Sawyer College	5:30 PM	6:30 PM	no	Laconia/Inter-Lakes, Lebanon, Plymouth, Portsmouth, Stevens, Fall Mountain, Concord
<del>Friday</del> <b>POSTPONED</b>	<del>1/20/2023</del> Moved to 1/31/23	Salem	Boys & Girls Club of Greater Salem	5:45 PM	6:45 PM	No	Timberlane, Winnacunnet
<del>Friday</del> <b>CANCELLED</b>	<del>1/20/2022</del>	Keene	Keene State College	5:00 PM	6:00 PM	no	Monadnock, ConVal, Milford
Saturday	1/21/2023	Alvirne	Workout Club and Wellness Center - Londonderry	12:00 PM	1:00 PM		Merrimack, Spaulding
Saturday	1/21/2023	Oyster River	UNH	12:00 PM	12:45 PM	yes	Exeter, St. Thomas
Sunday	1/22/2023	Milford	Hampshire Hills	2:00 PM	2:45 PM	No	Souhegan
Sunday	1/22/2023	Conant/Mascenic	The Wendell P. Clark Memorial YMCA	9:00 AM	10:00 AM	No	Keene, <b>Gilford</b> , Belmont/Merrimack Valley/Pembroke
Sunday	1/22/2023	Pelham	Workout Club and Wellness Center - Salem	7:30 AM	8:30 AM	no	Bishop Brady, Bow, Dover, Windham
Sunday	1/22/2023	Manchester	YMCA Allard Center of Goffstown	1:00 PM	1:45 PM	no	Central, Concord, Memorial, Trinity, West
Sunday	1/22/2023	Nashua North	Boys & Girls Club of Greater Nashua	8:00 AM	8:45 AM	yes	Hollis-Brookline, Nashua South, Alvirne (Divers)
Tuesday	1/24/2023	Goffstown/John Stark	YMCA Allard Center of Goffstown	6:30 PM	7:00 PM	no	Bedford, Bishop Guertin, Derryfield, Conant/Mascenic, Pinkerton
<b>Tuesday</b>	<b>1/24/2023</b>	<b>Kearsarge/Sunapee/Hopkinton</b>	<b>Colby-Sawyer College</b>	<b>5:30 PM</b>	<b>6:30 PM</b>	<b>no</b>	<b>Laconia/Inter-Lakes, Lebanon, Plymouth, Portsmouth, Stevens, Fall Mountain, Concord</b>
Friday	1/27/2023	Londonderry/Campbell	Workout Club and Wellness Center - Londonderry	4:00 PM	5:00 PM	no	Milford, Portsmouth
Friday	1/27/2023	Kearsarge/Sunapee/Hopkinton	Colby-Sawyer College	5:30 PM	6:30 PM	no	Bishop Brady, Bow, Concord, Pelham, Stevens, Fall Mountain
Friday	1/27/2023	Keene	Keene State College	5:00 PM	6:00 PM	no	Alvirne, Timberlane
Friday	1/27/2023	Salem	Boys & Girls Club of Greater Salem	5:45 PM	6:45 PM	No	Merrimack, Pinkerton
Saturday	1/28/2023	Dover	Dover Indoor Pool	4:00 PM	4:30 PM	yes	Derryfield, Exeter, Oyster River (Divers)
Saturday	1/28/2023	Hanover	Upper Valley Aquatics Center (swim)	4:00 PM	4:30 PM	No	Trinity, Lebanon
Saturday	1/28/2023	Hanover - DIVE ONLY INVITE	Dartmouth College (diving)	5:00 PM	6:00 PM	yes - only	Alvirne (Divers)
Sunday	1/29/2022	Oyster RiverBobcat invite	UNH	8:00 AM	TBD	no	Bishop Guertin, ConVal, Gilford, Hollis Brookline, Laconia/InterLakes Londonderry/Campbell, Milford, Nashua North, Nashua South, Pinkerton, Salem, Souhegan, Spaulding, St. Thomas, Windham/Pelham, Keene, Monadnock, Belmont, Winnacunnet
<b>Monday</b>	<b>1/30/2023</b>	<b>Nashua South</b>	<b>Boys &amp; Girls Club of Greater Nashua</b>	<b>7:30 PM</b>	<b>8:20 PM</b>	<b>yes - only</b>	<b>Alvirne, Salem, Nashua North</b>
Tuesday	1/31/2023	Lebanon	CCBA	4:30 PM Dive 5:30 PM Swim	6:00 PM	Yes	Hanover, Kearsarge/Sunapee/Hopkinton, Plymouth, Stevens, Fall Mountain
<b>Tuesday</b>	<b>1/31/2023</b>	<b>Salem</b>	<b>Boys &amp; Girls Club of Greater Salem</b>	<b>6:00 PM</b>	<b>6:45 PM</b>	<b>No</b>	<b>Winnacunnet</b>
Wednesday	2/1/2023	Bedford	YMCA Allard Center of Goffstown	6:30 PM	7:00 PM	no	Goffstown/John Stark, Derryfield
Wednesday	2/1/2023	Oyster River	UNH	7:00 PM	7:30 PM	yes	LAST CHANCE MEET