

UPPER BERGEN SWIM & DIVE LEAGUE 2025

***Demarest * Harrington Park * Haworth * Norwood * Park Ridge * Pascack Valley**

DIVING

DAY	DATE	WARM UP 1 5:00 PM	WARM UP 2 5:30 PM	START TIME	LOCATION
Friday	July 11 th	Demarest Haworth Pascack Valley	Harrington Park Norwood Park Ridge	6:00 PM	Demarest
Tuesday	July 15 th	Harrington Park Norwood Park Ridge	Demarest Haworth Pascack Valley	6:00 PM	Harrington Park
Friday	July 18 th	Demarest Haworth Pascack Valley	Harrington Park Norwood Park Ridge	6:00 PM	Haworth
Tuesday	July 22 nd	Harrington Park Norwood Park Ridge	Demarest Haworth Pascack Valley	6:00 PM	Pascack Valley

SWIMMING

DAY	DATE	WARM UP	START TIME	HOME TEAM	AWAY TEAM
Wednesday	July 9 th	4:45 PM	5:30 PM	Demarest Harrington Park Haworth	Norwood Pascack Valley Park Ridge
Saturday	July 12 th	8:15 AM	9:00 AM	Pascack Valley Park Ridge Norwood	Haworth Demarest Harrington Park
Wednesday	July 16 th	4:45 PM	5:30 PM	Norwood Haworth Park Ridge	Pascack Valley Demarest Harrington Park
Saturday	July 19 th	8:15 AM	9:00 AM	Pascack Valley Harrington Park Park Ridge	Demarest Haworth Norwood
Wednesday	July 23 rd	4:45 PM	5:30 PM	Pascack Valley Norwood Demarest	Park Ridge Haworth Harrington Park

LEAGUE DIVING CHAMPIONSHIPS

DAY	DATE	HOST TEAM	WARM UP	START TIME	RAINDATE
Monday	July 28 th	Norwood	3:30 PM	4:40 PM	July 29 th

LEAGUE SWIMMING CHAMPIONSHIPS

DAY	DATE	HOST TEAM	WARM UP	START TIME	RAINDATE
Wednesday	July 30 th	Pascack Valley	4:30 PM	5:30 PM	July 30 th

NJPMA DIVING CHAMPIONSHIPS

August 4th

NJPMA SWIMMING CHAMPIONSHIPS

Week of August 4th