



Vestal

(B) V Outdoor Track

Coaches:

- Jim Cerra, Head Coach
- Flavia Cass, Asst Coach
- Joe Nemecek, Asst Coach
- Stephen Marcin, Asst Coach
- Alanna Lenga

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---------------------------------------------------------------------------|-----------|------------|----------|----------------------------|----------------|---------------------|
| Mar 11, 2024 | Mon | Practice (Practice..... boys will change in the home team room) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 12, 2024 | Tue | Practice (Practice..... boys will change in the home team room) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 13, 2024 | Wed | Practice (Practice..... boys will change in the home team room) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 14, 2024 | Thu | Practice (Practice..... boys will change in the home team room) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 15, 2024 | Fri | Practice (Practice..... boys will change in the home team room) | N/A | 9:00 AM | 11:00 AM | Vestal Dick Hoover Stadium | | |
| Mar 18, 2024 | Mon | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 19, 2024 | Tue | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 20, 2024 | Wed | Practice (practice followed by parent meeting at 5:00 in Clayton Ave Gym) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 21, 2024 | Thu | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 22, 2024 | Fri | Practice (practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 25, 2024 | Mon | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 26, 2024 | Tue | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 27, 2024 | Wed | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Mar 28, 2024 | Thu | Regular Season (Rotary Relays) | @ TBD | 5:00 PM | | Chenango Forks | | L |
| Apr 2, 2024 | Tue | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | Vestal Dick Hoover Stadium | | |
| Apr 3, 2024 | Wed | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | Vestal Dick Hoover Stadium | | |
| Apr 4, 2024 | Thu | Practice (Practice) | N/A | 9:00 AM | 11:00 AM | Vestal Dick Hoover Stadium | | |
| Apr 8, 2024 | Mon | Practice (Practice is cancelled for today) | N/A | TBD | | TBD | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|----------------------------|----------------|---------------------|
| Apr 9, 2024 | Tue | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 10, 2024 | Wed | Regular Season 102-37 W | Binghamton | 5:00 PM | | Vestal Dick Hoover Stadium | | L |
| Apr 11, 2024 | Thu | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 12, 2024 | Fri | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 13, 2024 | Sat | Regular Season (NY/PA Invitational) | @ TBD | 10:00 AM | | Windsor High School | | L |
| Apr 15, 2024 | Mon | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 16, 2024 | Tue | Regular Season 83-57 W | Norwich | 5:00 PM | | Vestal Dick Hoover Stadium | | NL |
| Apr 17, 2024 | Wed | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 18, 2024 | Thu | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 19, 2024 | Fri | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 20, 2024 | Sat | Regular Season (Square Deal Invitational) | @ TBD | 10:00 AM | | Johnson City High School | | L |
| Apr 22, 2024 | Mon | Regular Season | Maine-Endwell | 4:30 PM | | Vestal Dick Hoover Stadium | | L |
| Apr 23, 2024 | Tue | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 24, 2024 | Wed | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 25, 2024 | Thu | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 26, 2024 | Fri | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 26, 2024 | Fri | Regular Season (Ithaca Relays) | @ TBD | 4:30 PM | | Ithaca High School | | L |
| Apr 26, 2024 | Fri | Regular Season (Ithaca Relays and Races) | Trumansburg, Newark Valley, Geneva, Rome Free Academy, West Canada Valley, Lansing, Candor (Candor), Groton, Solvay, Horseheads, Tioga, Auburn, Maine-Endwell, Newfield @ Ithaca | 5:00 PM | 10:00 PM | IHS Moresco Stadium | | NL |
| Apr 27, 2024 | Sat | Regular Season (Waite-Molnar) | @ TBD | 2:00 PM | | Elmira High School | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
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| Apr 29, 2024 | Mon | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| Apr 30, 2024 | Tue | Regular Season | @ Johnson City | 5:00 PM | 9:00 PM | JC Wildcat Stadium | | L |
| May 1, 2024 | Wed | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| May 2, 2024 | Thu | Practice (Practice) | N/A | 3:15 PM | 5:00 PM | Vestal Dick Hoover Stadium | | |
| May 3, 2024 | Fri | Regular Season (Golden Bear Relay) | TBD | 5:00 PM | | Vestal Dick Hoover Stadium | | L |
| May 4, 2024 | Sat | Regular Season (Blue Shoes Invitational) | @ TBD | TBD | | Horseheads High School | | L |
| May 7, 2024 | Tue | Regular Season | @ Union-Endicott | 5:00 PM | 7:00 PM | UEHS Mike Miller Track | | L |
| May 11, 2024 | Sat | Regular Season (Parkhurst) | @ TBD | 12:00 PM | | Union Endicott High School | | L |
| May 15, 2024 | Wed | Regular Season (STAC Championships) | @ TBD | 5:00 PM | | Johnson City High School | | L |
| May 17, 2024 | Fri | Regular Season (Need For Speed) | @ TBD | 4:30 PM | | Johnson City High School | | L |
| May 20, 2024 | Mon | Regular Season (9th & 10th grade meet) | TBD | 5:00 PM | | Vestal Dick Hoover Stadium | | L |
| May 22, 2024 | Wed | Regular Season (Class A/B Championships) | @ TBD | 5:00 PM | | Elmira High School | | L |
| May 29, 2024 | Wed | Regular Season (State Qualifiers) | @ TBD | 5:00 PM | | Union Endicott High School | | L |
| May 30, 2024 | Thu | Regular Season (State Qualifiers) | @ TBD | 5:00 PM | | Union Endicott High School | | L |
| Jun 7, 2024 | Fri | Regular Season (States) | @ TBD | 11:30 AM | | Cicero North Syracuse | | L |
| Jun 8, 2024 | Sat | Regular Season (States) | @ TBD | 10:00 AM | | Cicero North Syracuse | | L |

Date: 2024-04-24