



# Vestal

## (B) V Outdoor Track

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Mar 9, 2020	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
Mar 10, 2020	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
Mar 11, 2020	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
Mar 12, 2020	Thu	Practice (No Track Practice)	N/A	TBD		TBD	
Mar 13, 2020	Fri	Practice (No Track Practice)	N/A	TBD		TBD	
POSTPONED Mar 16, 2020	Mon	Practice (Practice cancelled )	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 17, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 18, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 19, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 20, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 23, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 24, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 25, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 26, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 27, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 30, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Mar 31, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
POSTPONED Apr 1, 2020	Wed	Regular Season	@ Owego Apalachin	4:30 PM		OFA Stadium	<b>Departure Time:</b> 3:00 PM L
POSTPONED Apr 2, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED Apr 3, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 6, 2020	Mon	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 7, 2020	Tue	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 8, 2020	Wed	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 9, 2020	Thu	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 10, 2020	Fri	Practice (No Track Practice)	N/A	TBD		Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 13, 2020	Mon	Practice (No Track Practice)	N/A	TBD		TBD		
Apr 14, 2020	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 15, 2020	Wed	Regular Season	@ Maine-Endwell	4:15 PM		Maine-Endwell HS Turf	Departure Time: 3:00 PM	L
Apr 16, 2020	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 17, 2020	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 18, 2020	Sat	Regular Season (NY/Penn Invitational)	@ TBD	10:00 AM		Windsor High School	Departure Time: 8:30 AM	L
Apr 20, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 21, 2020	Tue	Regular Season	Union-Endicott	4:15 PM		Vestal Dick Hoover Stadium		L
Apr 22, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 23, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED Apr 23, 2020	Thu	Regular Season (Girls Penn Relays)	@ TBD	TBD		Philadelphia		NL
POSTPONED Apr 24, 2020	Fri	Regular Season (Ithaca Relays)	@ TBD	4:00 PM		Ithaca High School	Departure Time: 1:50 PM	NL
POSTPONED Apr 25, 2020	Sat	Regular Season (Waite Invitational)	@ TBD	11:00 AM		Elmira High School	Departure Time: 8:50 AM	NL
Apr 27, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
CANCELLED Apr 28, 2020	Tue	Regular Season	Ithaca	4:15 PM		Vestal Dick Hoover Stadium		L
Apr 29, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 30, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED May 2, 2020	Sat	Regular Season (Square Deal Invitational)	@ TBD	12:00 PM		Johnson City High School	<b>Departure Time:</b> 10:45 AM	NL
May 4, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 5, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED May 6, 2020	Wed	Regular Season	Johnson City	4:15 PM		Vestal Dick Hoover Stadium		L
May 7, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED May 8, 2020	Fri	Regular Season (Golden Bear Invitational)	TBD	4:00 PM		Vestal Dick Hoover Stadium		NL
May 11, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
POSTPONED May 12, 2020	Tue	Regular Season (Need for Speed)	@ TBD	4:00 PM		Johnson City High School	<b>Departure Time:</b> 2:45 PM	NL
POSTPONED May 12, 2020	Tue	Regular Season (3 Bald Guys Pentathlon)	@ TBD	4:00 PM		Johnson City High School		NL
May 13, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 14, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 15, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 16, 2020	Sat	Regular Season (Parkhurst)	@ TBD	12:00 PM		Union Endicott High School	<b>Departure Time:</b> 10:50 AM	NL
May 18, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 19, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 20, 2020	Wed	Regular Season (STAC Championship)	@ TBD	4:00 PM		Windsor High School	<b>Departure Time:</b> 2:20 PM	NL
May 21, 2020	Thu	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
May 22, 2020	Fri	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
May 25, 2020	Mon	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
May 26, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 27, 2020	Wed	Regular Season (Class Meet A/B)	@ TBD	4:00 PM		Owego High School	<b>Departure Time:</b> 2:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
May 28, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
May 29, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
Jun 1, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
Jun 2, 2020	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium	
Jun 3, 2020	Wed	Regular Season (State Qualifiers)	@ TBD	5:00 PM		Union Endicott High School	<b>Departure Time:</b> 3:50 PM
Jun 4, 2020	Thu	Regular Season (State Qualifiers)	@ TBD	5:00 PM		Union Endicott High School	NL
Jun 12, 2020	Fri	Regular Season (States)	@ TBD	11:00 AM		Cicero North Syracuse	NL
Jun 13, 2020	Sat	Regular Season (States)	@ TBD	10:00 AM		Cicero North Syracuse	NL

Date: 2026-01-12