



# 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	LEAGUE / NON-LEAGUE
Mar 14, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 15, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 16, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 17, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 18, 2022	Fri	Practice	N/A	11:30 AM	1:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 21, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 22, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 23, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 24, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 25, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 28, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 29, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 30, 2022	Wed	Regular Season	Binghamton	5:00 PM		Vestal Dick Hoover Stadium		L
Mar 31, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 1, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 2, 2022	Sat	Regular Season (NY/Penn)	@ TBD	TBD		Windsor High School	Departure Time: 8:40 AM	NL
Apr 4, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 5, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 6, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 8, 2022	Fri	Regular Season (Chenango Forks Invitational)	@ TBD	3:00 PM		Chenango Forks	Departure Time: 3:30 PM	NL
Apr 11, 2022	Mon	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
Apr 12, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
Apr 13, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
CANCELLED Apr 14, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	Clayton Ave. Elementary Gymnasium		
Apr 18, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 20, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 21, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 22, 2022	Fri	Regular Season (Square Deal)	@ TBD	TBD		Johnson City High School	Departure Time: 3:30 PM	NL
Apr 25, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 26, 2022	Tue	Regular Season	Seton Catholic Central @ Owego Apalachin	5:00 PM		OFA Stadium	Departure Time: 4:00 PM	L
Apr 27, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 28, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 28, 2022	Thu	Regular Season	Maine-Endwell	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 29, 2022	Fri	Regular Season (Golden Bear Invitational)	TBD	5:00 PM		Vestal Dick Hoover Stadium		NL
Apr 29, 2022	Fri	Regular Season (Golden Bear Invitational)	Seton Catholic Central	TBD	7:30 PM	Vestal Dick Hoover Stadium		NL
May 2, 2022	Mon	Regular Season 98-42 W	@ Union-Endicott	5:00 PM		UEHS Mike Miller Track	Departure Time: 4:15 PM	L
May 3, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 4, 2022	Wed	Regular Season 70-49 W	@ Johnson City	5:00 PM		JC Wildcat Stadium	Departure Time: 4:15 PM	L
May 5, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 6, 2022	Fri	Regular Season (Ithaca Relays)	@ TBD	TBD		Ithaca High School	Departure Time: 2:40 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 7, 2022	Sat	Regular Season (Horseheads Invitational)	@ TBD	TBD		Horseheads High School	<b>Departure Time:</b> 10:00 AM	NL
May 10, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 11, 2022	Wed	Regular Season (Need 4 Speed)	@ TBD	TBD		Johnson City High School	<b>Departure Time:</b> 3:15 PM	NL
May 12, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 13, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 14, 2022	Sat	Regular Season (Parkhurst Invitational)	@ TBD	TBD		Union Endicott High School	<b>Departure Time:</b> 11:00 AM	NL
May 18, 2022	Wed	Regular Season (STAC Championships)	@ TBD	5:00 PM		Johnson City High School	<b>Departure Time:</b> 3:45 PM	NL
May 25, 2022	Wed	Regular Season (Class Sectionals)	@ TBD	5:00 PM		Horseheads High School	<b>Departure Time:</b> 3:00 PM	NL
Jun 1, 2022	Wed	Regular Season (State Qualifiers)	@ TBD	TBD		Union Endicott High School	<b>Departure Time:</b> 4:00 PM	NL
Jun 2, 2022	Thu	Regular Season (State Qualifiers)	@ TBD	TBD		Union Endicott High School	<b>Departure Time:</b> 4:00 PM	NL
Jun 9, 2022	Thu	Regular Season (States 6/9-6/11)	@ TBD	TBD		Cicero North Syracuse		NL

Date: 2026-01-11