



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 13, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 14, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 15, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 16, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 17, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 20, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 20, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 21, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 22, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 23, 2023	Thu	Practice (practice followed by parent meeting at 5:00 in Clayton Ave Gym)	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 24, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 27, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 28, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 29, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 30, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 31, 2023	Fri	Practice	N/A	3:00 PM	4:15 PM	Clayton Ave. Elementary Gymnasium		
Apr 1, 2023	Sat	Regular Season (NY/PA Invitational)	@ TBD	10:00 AM		Windsor High School	Departure Time: 8:40 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 3, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 4, 2023	Tue	Regular Season	Ithaca @ Binghamton	5:30 PM		Alumni Stadium	Departure Time: 3:45 PM	L
Apr 5, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 6, 2023	Thu	Regular Season (Rotary Relays)	@ TBD	5:00 PM		Chenango Forks	Departure Time: 3:45 PM	NL
Apr 11, 2023	Tue	Practice	N/A	TBD	11:00 AM	Vestal Dick Hoover Stadium		
Apr 12, 2023	Wed	Practice	N/A	TBD	11:00 AM	Vestal Dick Hoover Stadium		
Apr 13, 2023	Thu	Practice	N/A	TBD	11:00 AM	Vestal Dick Hoover Stadium		
Apr 14, 2023	Fri	Practice	N/A	TBD	11:00 AM	Vestal Dick Hoover Stadium		
Apr 17, 2023	Mon	Regular Season	@ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf	Departure Time: 3:50 PM	L
Apr 18, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 19, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 20, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 21, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Vestal Dick Hoover Stadium		
Apr 22, 2023	Sat	Regular Season (Square Deal Invitational)	@ TBD	10:00 AM		Johnson City High School	Departure Time: 9:00 AM	NL
Apr 24, 2023	Mon	Regular Season 80-61 W	Johnson City	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 25, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 26, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 27, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 28, 2023	Fri	Regular Season (Ithaca Relays)	@ TBD	4:30 PM		Ithaca High School	Departure Time: 2:30 PM	NL
Apr 29, 2023	Sat	Regular Season (Blue Shoes Invitational)	@ TBD	9:00 AM		Horseheads High School	Departure Time: 7:00 AM	NL
May 1, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 2, 2023	Tue	Regular Season 94-47 W	Union-Endicott	4:30 PM		Vestal Dick Hoover Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 3, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 4, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 5, 2023	Fri	Regular Season (Golden Bear Relays (general admission \$3))	TBD	5:00 PM		Vestal Dick Hoover Stadium		NL
May 6, 2023	Sat	Regular Season (Waite-Molnar Invitational)	@ TBD	11:00 AM		Elmira High School	Departure Time: 9:00 AM	NL
May 8, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 9, 2023	Tue	Regular Season	Seton Catholic Central @ Chenango Forks	5:30 PM		High School - Stadium	Departure Time: 3:45 PM	L
May 10, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 11, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 12, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 13, 2023	Sat	Regular Season (Parkhurst Invitational)	@ TBD	12:00 PM		Union Endicott High School	Departure Time: 11:00 AM	NL
May 17, 2023	Wed	Regular Season (STAC Championships \$7 admission)	TBD	5:00 PM		Vestal Dick Hoover Stadium		NL
May 17, 2023	Wed	Regular Season (STAC Meet @ Vestal)	Elmira (Elmira Express)	5:00 PM		Vestal Dick Hoover Stadium		L
May 20, 2023	Sat	Regular Season (Need for Speed Invitational)	@ TBD	10:00 AM		Johnson City High School	Departure Time: 9:00 AM	NL
May 23, 2023	Tue	Post-Season (Sectional Class A/B \$6.25 GOFAN Tickets)	TBD	5:00 PM		Vestal Dick Hoover Stadium		NL
May 31, 2023	Wed	Post-Season (State Qualifiers \$6.25 GOFAN Tickets)	@ TBD	5:00 PM		Union Endicott High School	Departure Time: 4:00 PM	NL
Jun 1, 2023	Thu	Post-Season (State Qualifiers \$6.25 GOFAN Tickets)	@ TBD	5:00 PM		Union Endicott High School	Departure Time: 4:00 PM	NL
Jun 9, 2023	Fri	Regular Season (States)	@ TBD	11:30 AM		Middletown High School	Departure Date: Jun 8, 2023 Departure Time: 10:00 AM	NL
Jun 10, 2023	Sat	Regular Season (States)	@ TBD	10:00 AM		Middletown High School	Return Date: Jun 10, 2023 Return Time: 8:00 PM	NL

Date: 2024-04-29