



# Vestal

## (B) 7/8TH Outdoor Track

### Coaches:

- Ron O'Shea, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Mar 21, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
CANCELLED Mar 22, 2024	Fri	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Mar 25, 2024	Mon	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Mar 26, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Mar 27, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Mar 28, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 8, 2024	Mon	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 9, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 10, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 11, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 12, 2024	Fri	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 15, 2024	Mon	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 16, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 18, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 19, 2024	Fri	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 22, 2024	Mon	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 23, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 24, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 25, 2024	Thu	Regular Season	Chenango Valley, Owego Apalachin	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 26, 2024	Fri	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
Apr 30, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 1, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 3, 2024	Fri	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 6, 2024	Mon	Regular Season	Windsor, Elmira (Elmira Express)	5:00 PM		Vestal Dick Hoover Stadium		L
May 7, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 9, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 10, 2024	Fri	Regular Season	Corning-Painted Post, Ithaca	5:00 PM		Vestal Dick Hoover Stadium		L
May 14, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 15, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 17, 2024	Fri	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 20, 2024	Mon	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 21, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 22, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 23, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 28, 2024	Tue	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 29, 2024	Wed	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		
May 30, 2024	Thu	Practice	N/A	3:05 PM	5:05 PM	Vestal Dick Hoover Stadium		

Date: 2024-05-03