



# 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
Mar 27, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 28, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 29, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 30, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Mar 31, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 3, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 4, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 5, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 6, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 17, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 18, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 19, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 20, 2023	Thu	Regular Season	Horseheads, Norwich	5:30 PM		Vestal Dick Hoover Stadium		L
Apr 21, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 24, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 25, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 26, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Apr 27, 2023	Thu	Regular Season	Elmira (Elmira Express), Oneonta	5:30 PM		Vestal Dick Hoover Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 28, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 2, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 3, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 4, 2023	Thu	Regular Season	Windsor @ Chenango Valley	5:00 PM	7:30 PM	CV - HS Warrior Stadium	Departure Time: 3:45 PM	L
May 5, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 8, 2023	Mon	Regular Season	Ithaca, Johnson City	5:30 PM		Vestal Dick Hoover Stadium		L
May 9, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 10, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 11, 2023	Thu	Regular Season	@ Corning-Painted Post	5:30 PM		Corning Memorial Stadium	Departure Time: 4:15 PM	L
May 15, 2023	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 16, 2023	Tue	Regular Season	Binghamton, Union-Endicott @ Johnson City	5:30 PM	7:00 PM	JC Wildcat Stadium	Departure Time: 4:15 PM	L
May 17, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 18, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 19, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 19, 2023	Fri	Regular Season	Susquehanna Valley @ Binghamton	5:00 PM		Alumni Stadium	Departure Time: 3:45 PM	L
May 23, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 24, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 25, 2023	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 30, 2023	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
May 31, 2023	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal Dick Hoover Stadium		
Jun 5, 2023	Mon	Regular Season (Divisional Meet)	TBD	5:00 PM		Union Endicott High School	Departure Time: 2:45 PM	NL

