



# 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 22, 2024           | Mon      | Regular Season | Windsor @ Susquehanna Valley | 5:00 PM    | 7:30 PM  | SVHS Track                 |                | L                   |
| 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 |                |                     |

| DATE                   | WEEK DAY | TYPE           | OPPONENTS  | START TIME | END TIME | LOCATION                   | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|----------------|--|------------|----------|----------------------------|----------------|---------------------|
| 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 2, 2024            | Thu      | Regular Season | Oneonta, Chenango Valley @ Johnson City  | 5:00 PM    | 8:00 PM  | JC Wildcat Stadium         |                | L                   |
| 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 |                |                     |
| POSTPONED 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 15, 2024           | Wed      | Regular Season | Seton Catholic Central, Oneonta  | 5:00 PM    |          | Vestal Dick Hoover Stadium |                | L                   |
| May 16, 2024           | Thu      | Regular Season | Norwich, Oneonta @ Chenango Valley   | 5:30 PM    | 7:30 PM  | CV - HS Warrior Stadium    |                | L                   |
| 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 23, 2024           | Thu      | Regular Season | Susquehanna Valley, Seton Catholic Central, Elmira (Elmira Express) @ Binghamton | 5:30 PM    |          | Alumni Stadium             |                | L                   |

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|--------------|----------|----------------|---|------------|----------|----------------------------|----------------|---------------------|
| May 28, 2024 | Tue      | Practice       | N/A   | 3:05 PM    | 5:05 PM  | Vestal Dick Hoover Stadium |                |                     |
| May 28, 2024 | Tue      | Regular Season | Union-Endicott, Binghamton, Ithaca, Elmira (Elmira Express), Corning-Painted Post, Horseheads, Maine-Endwell, Waverly, Oneonta, Windsor, Norwich, Seton Catholic Central, Chenango Valley, Susquehanna Valley, Owego Apalachin @ Johnson City | 5:00 PM    | 8:00 PM  | JC Wildcat Stadium         |                | L                   |
| 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: 2025-12-18