



# Vestal

## (G) 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 / NON-LEAGUE	LEAGUE
Mar 14, 2022	Mon	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 15, 2022	Tue	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 16, 2022	Wed	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 17, 2022	Thu	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 18, 2022	Fri	Practice (Practice Outdoor Track and Field)	N/A	11:30 AM	1:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 21, 2022	Mon	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 22, 2022	Tue	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 23, 2022	Wed	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 24, 2022	Thu	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 25, 2022	Fri	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 28, 2022	Mon	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 29, 2022	Tue	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Mar 31, 2022	Thu	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
Apr 1, 2022	Fri	Practice (Practice Outdoor Track and Field)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
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		
Apr 6, 2022	Wed	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 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 25, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
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		
May 3, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 5, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
May 10, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary Gymnasium		
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		

Date: 2024-05-08