



# 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	LEAGUE / NON-LEAGUE
Mar 13, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 14, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 15, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 16, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 17, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 20, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary		
Mar 21, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary		
Mar 22, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary		
Mar 23, 2023	Thu	Practice (practice followed by parent meeting at 5:00 in Clayton Ave Gym)	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary		
Mar 24, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Clayton Ave. Elementary		
Mar 27, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 27, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 28, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 29, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 30, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Clayton Ave. Elementary		
Mar 31, 2023	Fri	Practice	N/A	3:00 PM	4:15 PM	Clayton Ave. Elementary		
Apr 3, 2023	Mon	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 11, 2023	Tue	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 12, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 13, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 14, 2023	Fri	Practice	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
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 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		
May 1, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 2, 2023	Tue	Regular Season 60-81 L	Union-Endicott	4:30 PM		Vestal Dick Hoover Stadium		L
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 8, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
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 17, 2023	Wed	Regular Season (STAC Meet @ Vestal)	Elmira (Elmira Express)	5:00 PM		Vestal Dick Hoover Stadium		L

Date: 2023-09-28