



# Vestal

## (G) V Outdoor Track

### Coaches:

- Jim Cerra, Head Coach
- Flavia Cass, Asst Coach
- Joe Nemecek, Asst Coach
- Stephen Marcin, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice (Practice..... girls will change in the away team room.)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 12, 2024	Tue	Practice (Practice..... girls will change in the away team room.)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 13, 2024	Wed	Practice (Practice..... girls will change in the away team room.)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 14, 2024	Thu	Practice (Practice..... girls will change in the away team room.)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 15, 2024	Fri	Practice (Practice..... girls will change in the away team room.)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 18, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 19, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 20, 2024	Wed	Practice (practice followed by parent meeting at 5:00 in Clayton Ave Gym)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 21, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 22, 2024	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 25, 2024	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 26, 2024	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 27, 2024	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal Dick Hoover Stadium		
Mar 28, 2024	Thu	Regular Season (Rotary Relays )	@ TBD	5:00 PM		Chenango Forks		L
Apr 2, 2024	Tue	Practice (Practice)	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 3, 2024	Wed	Practice (Practice)	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 4, 2024	Thu	Practice (Practice)	N/A	9:00 AM	11:00 AM	Vestal Dick Hoover Stadium		
Apr 8, 2024	Mon	Practice (Practice is cancelled for today)	N/A	TBD		TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 9, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 10, 2024	Wed	Regular Season 89-53 W	Binghamton	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 11, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 12, 2024	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 13, 2024	Sat	Regular Season (NY/PA Invitational)	@ TBD	10:00 AM		Windsor High School		L
Apr 15, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 16, 2024	Tue	Regular Season 60-65 L	Norwich	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 17, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 18, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 19, 2024	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 20, 2024	Sat	Regular Season (Square Deal Invitational )	@ TBD	10:00 AM		Johnson City High School		L
Apr 22, 2024	Mon	Regular Season	Maine-Endwell	4:30 PM		Vestal Dick Hoover Stadium		L
Apr 23, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 24, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 25, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 26, 2024	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 27, 2024	Sat	Regular Season (Waite-Molnar)	@ TBD	11:00 AM		Elmira High School		L
Apr 29, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 1, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 2, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 3, 2024	Fri	Regular Season (Golden Bear Relay)	TBD	5:00 PM		Vestal Dick Hoover Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 4, 2024	Sat	Regular Season (Blue Shoes Invitational)	@ TBD	TBD		Horseheads High School		L
May 6, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 7, 2024	Tue	Regular Season 52-74 L	@ Johnson City	5:00 PM	9:00 PM	UEHS Mike Miller Track		L
May 7, 2024	Tue	Regular Season	@ Union-Endicott	5:00 PM	7:00 PM	UEHS Mike Miller Track		L
May 8, 2024	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 9, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 10, 2024	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 11, 2024	Sat	Regular Season (Parkhurst)	@ TBD	12:00 PM		Union Endicott High School		L
May 13, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 14, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 15, 2024	Wed	Regular Season (STAC Championships)	@ TBD	4:00 PM		Johnson City High School		L
May 16, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 17, 2024	Fri	Regular Season (Need For Speed)	@ TBD	4:30 PM		Johnson City High School		L
May 20, 2024	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 21, 2024	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 22, 2024	Wed	Regular Season (Sectional State Qualifier)	Corning-Painted Post, Ithaca, Horseheads, Binghamton, Union-Endicott @ Elmira (Elmira Express)	5:00 PM		EHS Stadium		L
May 23, 2024	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 24, 2024	Fri	Practice (Practice Time to be Determined)	N/A	TBD		Vestal Dick Hoover Stadium		
May 29, 2024	Wed	Regular Season (State Qualifiers )	@ TBD	5:00 PM		Union Endicott High School		L
May 30, 2024	Thu	Regular Season (State Qualifiers )	@ TBD	5:00 PM		Union Endicott High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jun 7, 2024	Fri	Regular Season (States)	@ TBD	11:30 AM		Cicero North Syracuse		L
Jun 8, 2024	Sat	Regular Season (States)	@ TBD	10:00 AM		Cicero North Syracuse		L

Date: 2025-12-13