



# 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 17, 2025	Mon	Practice (Practice outdoor track and field)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 18, 2025	Tue	Practice (Practice outdoor track and field)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 19, 2025	Wed	Practice (Practice outdoor track and field)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 20, 2025	Thu	Practice (Practice outdoor track and field)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 21, 2025	Fri	Practice (Practice outdoor track and field)	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 24, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 25, 2025	Tue	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 26, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 27, 2025	Thu	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 28, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Mar 31, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 1, 2025	Tue	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Apr 2, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Apr 4, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium, Clayton Ave. Elementary Gymnasium		
Apr 5, 2025	Sat	Regular Season (NY/PA INVITATIONAL)	@ TBD	10:00 AM		Windsor High School		L
Apr 7, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 9, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 11, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 13, 2025	Sun	Regular Season (SQUARE DEAL INVITATIONAL)	@ TBD	10:00 AM		Johnson City High School		L
Apr 14, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 15, 2025	Tue	Regular Season	Union-Endicott, Corning-Painted Post	4:30 PM		Vestal Dick Hoover Stadium		L
Apr 15, 2025	Tue	Regular Season 74-36 W	Union-Endicott	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 16, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 17, 2025	Thu	Regular Season (ROTARY RELAYS)	@ TBD	5:00 PM		Chenango Forks		L
Apr 18, 2025	Fri	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Apr 21, 2025	Mon	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Apr 22, 2025	Tue	Practice (Outdoor track and field practice. )	N/A	10:00 AM	12:00 PM	Vestal Dick Hoover Stadium		
Apr 23, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	10:00 AM	12:00 PM	Vestal Dick Hoover Stadium		
CANCELLED Apr 24, 2025	Thu	Practice (Outdoor track and field practice. )	N/A	10:00 AM	12:00 PM	Vestal Dick Hoover Stadium		
Apr 24, 2025	Thu	Regular Season (PENN RELAYS)	@ TBD	TBD		TBD		L
Apr 25, 2025	Fri	Regular Season (ITHACA RELAYS)	@ TBD	4:00 PM		Ithaca High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 26, 2025	Sat	Regular Season (WAITE MOLNAR INVITATIONAL)	@ TBD	11:00 AM		Elmira High School		L
Apr 28, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Apr 29, 2025	Tue	Regular Season	Owego Apalachin	5:00 PM		Vestal Dick Hoover Stadium		L
Apr 30, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 1, 2025	Thu	Regular Season 87-44 W	@ Maine-Endwell	5:00 PM		Maine-Endwell HS Turf		L
May 2, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 3, 2025	Sat	Regular Season (BLUE SHOES INVITATIONAL)	@ TBD	10:00 AM		Horseheads High School		L
May 5, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
POSTPONED May 6, 2025	Tue	Regular Season	Johnson City	5:00 PM		Vestal Dick Hoover Stadium		L
May 7, 2025	Wed	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 9, 2025	Fri	Regular Season (GOLDEN BEAR RELAYS)	TBD	4:30 PM		Vestal Dick Hoover Stadium		L
May 10, 2025	Sat	Regular Season (PARKHURST INVITATIONAL)	@ TBD	12:00 PM		Union Endicott High School		L
May 12, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 12, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 14, 2025	Wed	Regular Season (NEED FOR SPEED INVITATIONAL)	@ TBD	5:00 PM		Johnson City High School		L
May 15, 2025	Thu	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 16, 2025	Fri	Regular Season (FAST TIMES INVITATIONAL)	@ TBD	4:00 PM		Corning High School		L
May 16, 2025	Fri	Regular Season (FAST TIMES)	Ithaca, Newfield, Lansing, Horseheads, Notre Dame, Elmira, Elmira (Elmira Express), Waverly, Geneseo, Thomas A Edison High School, Cortland, Spencer-Van Etten @ Corning-Painted Post	4:30 PM		Corning Memorial Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 19, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 19, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 20, 2025	Tue	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 21, 2025	Wed	Regular Season (STAC Championship Meet)	TBD	4:00 PM		Vestal Dick Hoover Stadium		L
May 22, 2025	Thu	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
CANCELLED May 23, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
CANCELLED May 23, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 26, 2025	Mon	Practice (Outdoor track and field practice. )	N/A	9:00 AM	10:30 AM	Vestal Dick Hoover Stadium		
May 27, 2025	Tue	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 28, 2025	Wed	Post-Season (CLASS A/B Championship)	@ TBD	4:00 PM		Union Endicott High School		L
May 29, 2025	Thu	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
May 30, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
CANCELLED May 30, 2025	Fri	Practice (Outdoor track and field practice. )	N/A	3:15 PM	5:00 PM	Vestal Dick Hoover Stadium		
Jun 4, 2025	Wed	Post-Season (STATE QUALIFIER)	@ TBD	5:00 PM		Union Endicott High School		L
Jun 5, 2025	Thu	Post-Season (STATE QUALIFIER)	@ TBD	5:00 PM		Union Endicott High School		L
Jun 13, 2025	Fri	Post-Season (NYSPHSAA CHAMPIONSHIP)	@ TBD	10:00 AM		Middletown High School		L

Date: 2025-12-11