



Vestal

(G) V Swimming/Diving

Coaches:

- Joe Shore, Head Coach
- Sara Rostedt

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2019	Fri	Regular Season 75-108 L	Horseheads	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Sep 7, 2019	Sat	Practice	N/A	8:00 AM	11:00 AM	Vestal High School Pool		
Sep 9, 2019	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 10, 2019	Tue	Regular Season 98-86 W	@ Maine-Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool	Departure Time: 3:50 PM	L
Sep 11, 2019	Wed	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 12, 2019	Thu	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 13, 2019	Fri	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 14, 2019	Sat	Practice	N/A	8:00 AM	11:00 AM	Vestal High School Pool		
Sep 16, 2019	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 17, 2019	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 18, 2019	Wed	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 19, 2019	Thu	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 20, 2019	Fri	Regular Season 107-77 W	Owego Apalachin	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Sep 21, 2019	Sat	Practice	N/A	8:00 AM	11:00 AM	Vestal High School Pool		
Sep 23, 2019	Mon	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Pool		
Sep 24, 2019	Tue	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 25, 2019	Wed	Regular Season 110-63 W	@ Johnson City	5:30 PM	7:30 PM	JC HS Pool	Departure Time: 3:50 PM	L
Sep 26, 2019	Thu	Practice	N/A	3:00 PM	4:30 PM	Vestal High School Pool		
Sep 27, 2019	Fri	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 28, 2019	Sat	Practice	N/A	8:00 AM	11:00 AM	Vestal High School Pool		
Sep 30, 2019	Mon	Practice (Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Oct 4, 2019	Fri	Regular Season 122-59 W	Union-Endicott	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Oct 7, 2019	Mon	Regular Season (Sr. Night) 101-71 W	Corning-Painted Post	5:30 PM		Vestal High School Baseball Field		NL
Oct 11, 2019	Fri	Regular Season (Dr. Thomas Diving Invitational)	@ TBD	4:00 PM		Elmira High School	Departure Time: 2:45 PM	NL

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Oct 12, 2019	Sat	Regular Season (Dr. Thomas Swim Invitational)	@ TBD	9:00 AM		Elmira High School	Departure Time: 6:50 AM	NL
Nov 6, 2019	Wed	Post-Season (Sectional Prelims)	@ TBD	TBD		Ernie Davis	Departure Time: 1:20 PM	NL
Nov 8, 2019	Fri	Post-Season (Sectionals Diving)	@ TBD	TBD		Maine Endwell High School		NL
Nov 9, 2019	Sat	Post-Season (Sectional Finals)	@ TBD	10:00 AM		Watkins Glen High School	Departure Time: 6:45 AM	NL
Nov 22, 2019	Fri	Post-Season (State Finals)	@ TBD	TBD		Ithaca College	Departure Time: 6:30 AM	NL
Nov 23, 2019	Sat	Post-Season (State Finals)	@ TBD	TBD		Ithaca College	Departure Time: 6:30 AM	NL

Date: 2025-12-10