



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
Mar 1, 2021	Mon	Practice (Varsity Swim Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 2, 2021	Tue	Practice (Varsity Swim Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 3, 2021	Wed	Practice (Varsity Swim Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 4, 2021	Thu	Practice (Varsity Swim Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 5, 2021	Fri	Practice (Varsity Swim Practice)	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 8, 2021	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 9, 2021	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 10, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 11, 2021	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 12, 2021	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 16, 2021	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 17, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 18, 2021	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 19, 2021	Fri	Regular Season	Susquehanna Valley	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Mar 22, 2021	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 23, 2021	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 24, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 25, 2021	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 26, 2021	Fri	Regular Season 68-98 L	@ Chenango Valley	5:30 PM	7:30 PM	CV - HS Pool		L
Mar 29, 2021	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Mar 30, 2021	Tue	Regular Season (Virtual) 77-95 L	Corning-Painted Post	5:30 PM		Vestal High School Baseball Field, Corning High School		L
Mar 31, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Apr 1, 2021	Thu	Regular Season 94-79 W	Johnson City	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Apr 8, 2021	Thu	Regular Season	@ Owego Apalachin	5:30 PM	7:30 PM	OFA Pool		L
Apr 14, 2021	Wed	Regular Season	Union-Endicott	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Apr 16, 2021	Fri	Regular Season	@ Maine-Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool	Departure Time: 3:45 PM	L

Date: 2025-12-10