



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
Aug 23, 2021	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 23, 2021	Mon	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 24, 2021	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 24, 2021	Tue	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 25, 2021	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 25, 2021	Wed	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 26, 2021	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 26, 2021	Thu	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 27, 2021	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 27, 2021	Fri	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 28, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 30, 2021	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 30, 2021	Mon	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 31, 2021	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 31, 2021	Tue	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Sep 1, 2021	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 1, 2021	Wed	Practice	N/A	3:25 PM	5:00 PM	Vestal High School Pool		
Sep 2, 2021	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Sep 3, 2021	Fri	Practice	N/A	12:30 PM	2:00 PM	Vestal High School Pool		
Sep 3, 2021	Fri	Regular Season 93-79 W	Union-Endicott	2:00 PM	4:00 PM	Vestal High School Baseball Field		L
Sep 4, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 7, 2021	Tue	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 8, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Sep 9, 2021	Thu	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Sep 10, 2021	Fri	Regular Season 85-94 L	Maine-Endwell	5:30 PM		Vestal High School Baseball Field		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 13, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 14, 2021	Tue	Regular Season 100-83 W	Elmira	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Sep 15, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 16, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 17, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 18, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 20, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 21, 2021	Tue	Regular Season 97-79 W	@ Johnson City	5:30 PM	7:00 PM	JC HS Pool	Departure Time: 3:55 PM	L
Sep 22, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 23, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 24, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 25, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 25, 2021	Sat	Regular Season (Owego Diving invitational)	@ TBD	TBD		Owego High School	Departure Time: 8:15 AM	NL
Sep 27, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 28, 2021	Tue	Regular Season 87-98 L	@ Corning-Painted Post	5:30 PM	7:00 PM	C P P High School	Departure Time: 3:15 PM	L
Sep 29, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 30, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 1, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 2, 2021	Sat	Regular Season (Maine Endwell Invitational)	@ TBD	8:00 AM		TBD	Departure Time: 11:00 AM	NL
Oct 2, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 4, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 5, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 6, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 7, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 8, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 9, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 11, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 12, 2021	Tue	Regular Season 109-74 W	@ Ithaca	5:30 PM	7:00 PM	Lansing HS (Pool)	Departure Time: 3:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 13, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 14, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 15, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 18, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 19, 2021	Tue	Regular Season 74-109 L	Horseheads	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Oct 20, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 21, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 22, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 23, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 23, 2021	Sat	Regular Season (Horseheads Diving invitational)	@ TBD	TBD		TBD	Departure Time: 8:15 AM	NL
Oct 25, 2021	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 26, 2021	Tue	Regular Season 91-61 W	Binghamton	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Oct 27, 2021	Wed	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 28, 2021	Thu	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 29, 2021	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 1, 2021	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 2, 2021	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 3, 2021	Wed	Post-Season (Prelims)	@ TBD	5:30 PM		Corning High School	Departure Time: 2:40 PM	NL
Nov 4, 2021	Thu	Practice	N/A	2:45 PM	4:45 PM	Vestal High School Pool		
Nov 5, 2021	Fri	Practice	N/A	2:45 PM	4:45 PM	Vestal High School Pool		
Nov 5, 2021	Fri	Post-Season (Sectionals Diving)	@ TBD	TBD		Maine Endwell High School	Departure Time: 1:30 PM	NL
Nov 6, 2021	Sat	Post-Season (Sectional Finals)	@ TBD	3:30 PM		Watkins Glen High School	Departure Time: 12:50 PM	NL

Date: 2025-12-15