



# Vestal

## (G) V Swimming/Diving

### Coaches:

- Joe Shore, Head Coach
- Sara Rostedt, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 8, 2022	Mon	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 10, 2022	Wed	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 12, 2022	Fri	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 15, 2022	Mon	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 17, 2022	Wed	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 19, 2022	Fri	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 22, 2022	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 22, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 23, 2022	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 23, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 24, 2022	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 24, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 25, 2022	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 25, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 26, 2022	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 26, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 27, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 29, 2022	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 29, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 30, 2022	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 30, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 31, 2022	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 31, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 1, 2022	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 1, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 2, 2022	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 2, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 3, 2022	Sat	Practice	N/A	8:45 AM	11:15 AM	Vestal High School Pool		
Sep 6, 2022	Tue	Regular Season 92-93 L	Maine-Endwell	5:30 PM	7:00 PM	Vestal High School		L
Sep 7, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 8, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 9, 2022	Fri	Regular Season 52-47 W	@ Union-Endicott	5:30 PM	7:00 PM	UEHS Pool	<b>Departure Time:</b> 4:20 PM	L
Sep 10, 2022	Sat	Practice	N/A	8:45 AM	11:15 AM	Vestal High School Pool		
Sep 12, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 13, 2022	Tue	Regular Season 92-83 W	@ Elmira	5:30 PM	7:00 PM	EDA Pool	<b>Departure Time:</b> 3:20 PM	L
Sep 14, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 15, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 16, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 17, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 19, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 21, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 22, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 23, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 24, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 26, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 28, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 28, 2022	Wed	Regular Season	Corning-Painted Post	5:30 PM	7:00 PM	Vestal High School		L
Sep 29, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 29, 2022	Thu	Regular Season	Johnson City	5:30 PM	7:00 PM	Vestal High School		L
Sep 30, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 6, 2022	Thu	Regular Season	@ Watkins Glen (Storm)	5:00 PM	7:00 PM	W G Pool		NL
Oct 8, 2022	Sat	Regular Season (Maine Endwell Invitational)	TBD	12:00 PM		Maine Endwell High School	<b>Departure Time:</b> 11:30 AM	L
Oct 11, 2022	Tue	Regular Season	Ithaca	5:30 PM	7:00 PM	Vestal High School		L
Oct 18, 2022	Tue	Regular Season	@ Horseheads	5:30 PM	7:00 PM	HHS HS Pool	<b>Departure Time:</b> 3:00 PM	L
Oct 25, 2022	Tue	Regular Season	@ Binghamton	5:30 PM	7:00 PM	East Middle School Pool	<b>Departure Time:</b> 3:50 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 2, 2022	Wed	Post-Season (Prelims)	@ TBD	TBD		Ernie Davis	<b>Departure Time:</b> 2:00 PM	NL
Nov 4, 2022	Fri	Regular Season (Sectionals)	TBD	12:00 PM		Maine Endwell High School	<b>Departure Time:</b> 12:15 PM	L
Nov 5, 2022	Sat	Post-Season (Sectionals Diving)	@ TBD	TBD		TBD	<b>Departure Time:</b> 12:30 PM	NL
Nov 18, 2022	Fri	Post-Season (States)	@ TBD	TBD		TBD		NL

Date: 2022-09-24