



# Vestal

## (G) V Swimming/Diving

### Coaches:

- Joe Shore, Head Coach
- Sara Rostedt

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / 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 / 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 Baseball Field	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 27, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool	
Sep 28, 2022	Wed	Practice	N/A	4:00 PM	5:30 PM	Vestal High School Pool	
Sep 28, 2022	Wed	Regular Season 86-96 L	Corning-Painted Post	5:30 PM	7:00 PM	Vestal High School Baseball Field	L
Sep 29, 2022	Thu	Practice	N/A	4:00 PM	5:30 PM	Vestal High School Pool	
Sep 29, 2022	Thu	Regular Season 92-78 W	Johnson City	5:30 PM	7:00 PM	Vestal High School Baseball Field	L
Sep 30, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool	
Oct 3, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool	
Oct 4, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool	
Oct 5, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2022	Thu	Regular Season 74-112 L	@ Watkins Glen (Storm)	5:00 PM	7:00 PM	W G Pool	<b>Departure Time:</b> 2:10 PM	NL
Oct 7, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 8, 2022	Sat	Regular Season (Maine Endwell Invitational)	@ TBD	TBD		Maine Endwell High School	<b>Departure Time:</b> 11:30 AM	NL
Oct 10, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 11, 2022	Tue	Regular Season 96-76 W	Ithaca	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Oct 12, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 13, 2022	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Oct 14, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 15, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 18, 2022	Tue	Regular Season 72-112 L	@ Horseheads	5:30 PM	7:00 PM	HHS HS Pool	<b>Departure Time:</b> 3:00 PM	L
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 20, 2022	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Oct 21, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 22, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 24, 2022	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 25, 2022	Tue	Regular Season 90-59 W	@ Binghamton	5:30 PM	7:00 PM	East Middle School Pool	<b>Departure Time:</b> 3:50 PM	L
Oct 26, 2022	Wed	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 27, 2022	Thu	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 28, 2022	Fri	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 29, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 31, 2022	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 1, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 2, 2022	Wed	Post-Season (Prelims)	@ TBD	4:30 PM		Ernie Davis	<b>Departure Time:</b> 2:00 PM	NL
Nov 3, 2022	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 4, 2022	Fri	Regular Season (Sectionals)	TBD	12:00 PM		Maine Endwell High School	<b>Departure Time:</b> 12:15 PM	L
Nov 4, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 5, 2022	Sat	Post-Season (Sectionals Diving)	@ TBD	TBD		TBD	<b>Departure Time:</b> 12:30 PM	NL

Date: 2026-02-09