



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 1, 2023	Tue	Practice (Preseason Swim)	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 3, 2023	Thu	Practice (Preseason Swim)	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 4, 2023	Fri	Practice (Preseason Swim)	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 7, 2023	Mon	Practice (Preseason Swim)	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 8, 2023	Tue	Practice (Preseason Swim)	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 10, 2023	Thu	Practice (Preseason Swim)	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 11, 2023	Fri	Practice (Preseason Swim)	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 14, 2023	Mon	Practice (Preseason Swim)	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 15, 2023	Tue	Practice (Preseason Swim)	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 17, 2023	Thu	Practice (Preseason Swim)	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 18, 2023	Fri	Practice (Preseason Swim)	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 21, 2023	Mon	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 21, 2023	Mon	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 22, 2023	Tue	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 22, 2023	Tue	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 23, 2023	Wed	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 23, 2023	Wed	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 24, 2023	Thu	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 24, 2023	Thu	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 25, 2023	Fri	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 25, 2023	Fri	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 26, 2023	Sat	Practice (Swim practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 28, 2023	Mon	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 28, 2023	Mon	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 29, 2023	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 29, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 30, 2023	Wed	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 30, 2023	Wed	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 31, 2023	Thu	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Aug 31, 2023	Thu	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 1, 2023	Fri	Practice (Morning Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Sep 1, 2023	Fri	Practice (Afternoon Swim Practice)	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Sep 2, 2023	Sat	Practice (Swim practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 4, 2023	Mon	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 5, 2023	Tue	Regular Season 105-78 W	@ Maine-Endwell	5:30 PM	8:00 PM	Maine-Endwell HS Pool	Departure Time: 3:45 PM	L
Sep 6, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 7, 2023	Thu	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 8, 2023	Fri	Regular Season 97-81 W	Union-Endicott	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 9, 2023	Sat	Practice (Swim practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 11, 2023	Mon	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 12, 2023	Tue	Regular Season 93-75 W	Elmira	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 13, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 14, 2023	Thu	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 15, 2023	Fri	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 16, 2023	Sat	Practice (Swim practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 18, 2023	Mon	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 19, 2023	Tue	Regular Season 91-76 W	@ Johnson City	5:30 PM	8:00 PM	JC HS Pool	Departure Time: 3:45 PM	L
Sep 20, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 21, 2023	Thu	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 22, 2023	Fri	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 23, 2023	Sat	Practice (Swim 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 25, 2023	Mon	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 26, 2023	Tue	Regular Season 84-101 L	@ Corning-Painted Post	5:30 PM	8:00 PM	C P P High School	Departure Time: 3:00 PM	L
Sep 27, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 28, 2023	Thu	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 29, 2023	Fri	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 30, 2023	Sat	Regular Season (Maine Endwell Invitational)	@ TBD	TBD		Maine Endwell High School	Departure Time: 7:30 AM	NL
Oct 2, 2023	Mon	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 3, 2023	Tue	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 4, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 5, 2023	Thu	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 6, 2023	Fri	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 7, 2023	Sat	Practice (Swim practice)	N/A	12:45 PM	2:00 PM	Vestal High School Pool		
Oct 9, 2023	Mon	Practice (Swim Practice)	N/A	8:30 AM	10:30 AM	Vestal High School Pool		
Oct 10, 2023	Tue	Regular Season 82-98 L	@ Ithaca	5:30 PM	8:00 PM	IHS Pool (C150)		L
Oct 11, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 12, 2023	Thu	Practice (Swim Practice)	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Oct 13, 2023	Fri	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
CANCELLED Oct 14, 2023	Sat	Practice (Swim practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 16, 2023	Mon	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 17, 2023	Tue	Regular Season 73-110 L	Horseheads	5:30 PM	8:00 PM	Vestal High School Pool		L
Oct 18, 2023	Wed	Practice (Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 19, 2023	Thu	Practice (Tapering Swim Practice)	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 20, 2023	Fri	Practice (Tapering Swim Practice)	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 21, 2023	Sat	Practice (Tapering Swim Practice)	N/A	9:00 AM	11:00 AM	Vestal High School Pool		
Oct 23, 2023	Mon	Practice (Tapering Swim Practice)	N/A	TBD		Vestal High School Pool		
Oct 24, 2023	Tue	Regular Season 91-69 W	Binghamton	5:30 PM	8:00 PM	Vestal High School Pool		L
Oct 25, 2023	Wed	Practice (Tapering Swim Practice)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Oct 26, 2023	Thu	Practice (Tapering Swim Practice)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Oct 27, 2023	Fri	Practice (Tapering Swim Practice)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 28, 2023	Sat	Practice (Tapering Swim Practice)	N/A	9:15 AM	11:00 AM	Vestal High School Pool		
Oct 30, 2023	Mon	Practice (Tapering Swim Practice)	N/A	2:45 PM	4:45 PM	Vestal High School Pool		
Oct 31, 2023	Tue	Practice (Tapering Swim Practice)	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 1, 2023	Wed	Post-Season (Sectional Prelims)	@ TBD	TBD		TBD		NL
Nov 2, 2023	Thu	Practice (Tapering Swim Practice)	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Nov 3, 2023	Fri	Practice (Tapering Swim Practice)	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Nov 3, 2023	Fri	Post-Season (Sectional diving)	@ TBD	TBD		TBD		NL
Nov 4, 2023	Sat	Post-Season (Section IV Finals - Class A)	Elmira, Corning-Painted Post, Ithaca, Binghamton, Horseheads, Union-Endicott @ Watkins Glen (Storm)	3:30 PM		W G Pool		NL
Nov 6, 2023	Mon	Practice (States Swim Practice)	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 6, 2023	Mon	Regular Season (Sectional Swimming Prelims)	TBD	TBD		TBD		L
CANCELLED Nov 8, 2023	Wed	Practice (States Swim Practice)	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 8, 2023	Wed	Regular Season (Section 4 Diving)	TBD	TBD		TBD		L
Mar 18, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 19, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 21, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 25, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 26, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 28, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 8, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 9, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 11, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 15, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 16, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 18, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 22, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 23, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 25, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 29, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 30, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 2, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 6, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 7, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 9, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 13, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 14, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 16, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 20, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 21, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 23, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 28, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 30, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 3, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 4, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 6, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 10, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 11, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 13, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 24, 2024	Mon	Practice (ME PE TEACHER SWIM TEST)	N/A	12:00 PM	2:00 PM	Vestal High School Pool		

Date: 2025-12-14