



Vestal

(G) 7/8TH Swimming/Diving

Coaches:

- Pat Harnan, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 8, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 9, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 10, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 12, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 13, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 14, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 15, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 16, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 17, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 19, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 20, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 21, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 22, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 23, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 24, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
POSTPONED Sep 26, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 27, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 28, 2022	Wed	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 29, 2022	Thu	Regular Season	Chenango Valley @ Union-Endicott	6:00 PM	8:00 PM	UEHS Pool	Departure Time: 5:00 PM	L
Sep 30, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 3, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 3, 2022	Mon	Regular Season	@ Elmira	5:30 PM	7:30 PM	EDA Pool	Departure Time: 3:40 PM	L
Oct 4, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 5, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 6, 2022	Thu	Regular Season	Elmira @ Owego Apalachin	5:30 PM	7:30 PM	OFA Pool	Departure Time: 4:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 7, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 8, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Oct 11, 2022	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Oct 12, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 13, 2022	Thu	Regular Season	Maine-Endwell, TBD	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Oct 14, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
CANCELLED Oct 15, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Oct 17, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 18, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 19, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 20, 2022	Thu	Regular Season	Horseheads, TBD	5:30 PM	7:30 PM	Vestal High School Baseball Field		L

Date: 2025-12-15