



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 7, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 8, 2023	Fri	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 9, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 11, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 12, 2023	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 13, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 14, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 15, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 16, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 18, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 19, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 20, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 21, 2023	Thu	Regular Season	TBD @ Elmira	5:30 PM	7:30 PM	EDA Pool	Departure Time: 3:30 PM	L
Sep 22, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 23, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 25, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 26, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Sep 27, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 28, 2023	Thu	Regular Season	Chenango Valley @ Union-Endicott	5:30 PM	7:30 PM	UEHS Pool	Departure Time: 4:30 PM	L
Sep 29, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 30, 2023	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool, Vestal High School Pool Gym		
Oct 2, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 3, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 4, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

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Oct 5, 2023	Thu	Regular Season	Elmira @ Owego Apalachin	5:30 PM	7:30 PM	OFA Pool	Departure Time: 4:10 PM	L
Oct 6, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
CANCELLED Oct 9, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 10, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 11, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 12, 2023	Thu	Regular Season	Maine-Endwell, TBD	5:30 PM	7:30 PM	Vestal High School Pool		L
Oct 13, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 16, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 17, 2023	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Oct 18, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 19, 2023	Thu	Regular Season	Horseheads, TBD, Corning-Painted Post	5:30 PM	7:30 PM	Vestal High School Pool		L
Oct 26, 2023	Thu	Practice (End of Season Celebration)	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

Date: 2025-12-06