



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 5, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 6, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 7, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 9, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 11, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 12, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 13, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 14, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 16, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 17, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 18, 2024	Wed	Regular Season	Elmira, TBD	5:30 PM	7:30 PM	Vestal High School Pool		NL
Sep 19, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 20, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 21, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 23, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 24, 2024	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 25, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 26, 2024	Thu	Regular Season	Union-Endicott @ Chenango Valley	5:30 PM	7:30 PM	CV - HS Pool		NL
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 28, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 30, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
POSTPONED Oct 1, 2024	Tue	Regular Season	Susquehanna Valley	5:30 PM		Vestal High School Pool		L
Oct 2, 2024	Wed	Regular Season	Owego Apalachin @ Elmira	5:30 PM	7:30 PM	EDA Pool		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 2, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 3, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 4, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 7, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 8, 2024	Tue	Practice	N/A	5:00 PM	7:30 PM	Vestal High School Pool		
Oct 9, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 10, 2024	Thu	Regular Season	Maine-Endwell, TBD	5:30 PM	7:30 PM	Vestal High School Pool		NL
Oct 11, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 12, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
CANCELLED Oct 14, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 15, 2024	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Oct 16, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 17, 2024	Thu	Regular Season	@ Horseheads	5:30 PM	7:30 PM	HHS HS Pool		NL
Oct 18, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 21, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 22, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 23, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 24, 2024	Thu	Practice (ME Invite)	N/A	5:30 PM		Maine Endwell High School		
Oct 30, 2024	Wed	Practice (End of Season Party)	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

Date: 2025-12-10