



# 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 4, 2025	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 5, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 6, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 8, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 9, 2025	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Sep 10, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 11, 2025	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 12, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 13, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Sep 15, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 16, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 17, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 18, 2025	Thu	Regular Season	@ Horseheads	5:30 PM	7:30 PM	HHS HS Pool		L
Sep 19, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 22, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 23, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 24, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 25, 2025	Thu	Regular Season	Union-Endicott @ Chenango Valley	5:30 PM	7:30 PM	CV - HS Pool		L
Sep 26, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 27, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool Gym, Vestal High School Pool		
Sep 29, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Sep 30, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 1, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 2, 2025	Thu	Regular Season	Elmira, Owego Apalachin	5:30 PM		Vestal High School Pool		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Oct 3, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 6, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 7, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 8, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 9, 2025	Thu	Regular Season	Maine-Endwell, TBD	5:30 PM	7:30 PM	Vestal High School Pool		L
Oct 10, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 11, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
CANCELLED Oct 13, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 14, 2025	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Oct 15, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 16, 2025	Thu	Regular Season	Elmira, TBD	5:30 PM	7:30 PM	Vestal High School Pool		L
Oct 17, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 20, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 21, 2025	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Oct 22, 2025	Wed	Practice	N/A	5:30 PM	6:30 PM	Vestal High School Pool		
Oct 23, 2025	Thu	Practice (CV Meet)	N/A	5:30 PM	7:00 PM	Chenango Valley High School		
Oct 24, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 25, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Oct 27, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Oct 28, 2025	Tue	Practice	N/A	5:30 PM	7:00 PM	Vestal High School Pool		
Oct 29, 2025	Wed	Practice	N/A	5:30 PM	7:00 PM	Vestal High School Pool		
Oct 30, 2025	Thu	Practice (ME Invite)	N/A	5:00 PM	7:30 PM	Maine Endwell High School		
Nov 12, 2025	Wed	Practice (End of Season Party)	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

Date: 2026-01-25