



Vestal

(B) V Swimming/Diving

Coaches:

- Joe Shore, Head Coach
- Sara Rostedt, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 12, 2019	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 13, 2019	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 14, 2019	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 15, 2019	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 16, 2019	Sat	Practice	N/A	8:45 AM	11:15 AM	Vestal High School Pool		
Nov 18, 2019	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 19, 2019	Tue	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 20, 2019	Wed	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 21, 2019	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 22, 2019	Fri	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 23, 2019	Sat	Practice	N/A	8:45 AM	11:15 AM	Vestal High School Pool		
Nov 25, 2019	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 26, 2019	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 27, 2019	Wed	Practice	N/A	7:15 AM	9:30 AM	TBD		
Nov 29, 2019	Fri	Practice	N/A	1:15 PM	4:00 PM	TBD		
Nov 30, 2019	Sat	Practice	N/A	8:15 AM	11:00 AM	TBD		
POSTPONED Dec 2, 2019	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 3, 2019	Tue	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 4, 2019	Wed	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 5, 2019	Thu	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 6, 2019	Fri	Regular Season 80-100 L	@ Horseheads	5:30 PM		HHS High School Pool	Departure Time: 2:50 PM	L
Dec 7, 2019	Sat	Practice	N/A	8:45 AM	11:00 AM	TBD		
Dec 9, 2019	Mon	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 10, 2019	Tue	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 11, 2019	Wed	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 12, 2019	Thu	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2019	Fri	Regular Season 82-98 L	@ Maine-Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool	Departure Time: 3:20 PM	L
Dec 14, 2019	Sat	Practice	N/A	8:45 AM	11:00 AM	TBD		
Dec 16, 2019	Mon	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 17, 2019	Tue	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 18, 2019	Wed	Practice	N/A	2:45 PM	5:30 PM	TBD		
Dec 19, 2019	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 20, 2019	Fri	Regular Season 99-75 W	Owego Apalachin	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Dec 21, 2019	Sat	Practice	N/A	8:15 AM	11:00 AM	TBD		
Dec 23, 2019	Mon	Practice	N/A	7:15 AM	9:00 AM	Vestal High School Pool		
Dec 23, 2019	Mon	Practice	N/A	2:30 PM	4:45 PM	Vestal High School Pool		
Dec 24, 2019	Tue	Practice	N/A	9:00 AM	11:30 AM	TBD		
Dec 27, 2019	Fri	Practice	N/A	7:15 AM	9:00 AM	Vestal High School Pool		
Dec 27, 2019	Fri	Practice	N/A	2:30 PM	4:45 PM	Vestal High School Pool		
Dec 28, 2019	Sat	Regular Season (Waverly Invitational Divers)	@ TBD	8:00 AM		Waverly High School	Departure Time: 6:50 AM	NL
Dec 28, 2019	Sat	Practice	N/A	8:15 AM	11:00 AM	Vestal High School Pool		
Dec 30, 2019	Mon	Practice	N/A	7:15 AM	9:00 AM	Vestal High School Pool		
Dec 30, 2019	Mon	Practice	N/A	2:30 PM	4:45 PM	Vestal High School Pool		
Dec 31, 2019	Tue	Practice	N/A	7:15 AM	10:00 AM	Vestal High School Pool		
Jan 2, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 3, 2020	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 4, 2020	Sat	Practice	N/A	8:15 AM	11:00 AM	Vestal High School Pool Gym		
Jan 6, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 7, 2020	Tue	Regular Season 98-79 W	Binghamton	5:30 PM		Vestal High School Baseball Field		NL
Jan 8, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 9, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 10, 2020	Fri	Regular Season 95-91 W	@ Johnson City	5:30 PM	7:30 PM	JC HS Pool	Departure Time: 3:20 PM	L
Jan 11, 2020	Sat	Practice	N/A	8:15 AM	11:00 AM	Vestal High School Pool Gym		
Jan 13, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 14, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 15, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 16, 2020	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 17, 2020	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 17, 2020	Fri	Regular Season (Elmira Invitational)	@ TBD	5:00 PM		Ernie Davis	Departure Time: 2:00 PM	NL
Jan 18, 2020	Sat	Regular Season (Elmira Invitational)	@ TBD	10:15 AM		Ernie Davis	Departure Time: 7:15 AM	NL
Jan 20, 2020	Mon	Practice	N/A	8:00 AM	10:00 AM	Vestal High School Pool Gym		
Jan 21, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 22, 2020	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 23, 2020	Thu	Practice	N/A	3:15 PM	4:40 PM	Vestal High School Pool Gym		
Jan 24, 2020	Fri	Regular Season 97-81 W	Susquehanna Valley	5:30 PM		Vestal High School Baseball Field		NL
Jan 27, 2020	Mon	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool Gym		
Jan 28, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Jan 29, 2020	Wed	Regular Season 100-84 W	@ Chenango Forks	5:30 PM		High School - Pool	Departure Time: 3:15 PM	NL
Jan 30, 2020	Thu	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool Gym		
Jan 31, 2020	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool Gym		
Feb 1, 2020	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 3, 2020	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 4, 2020	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 5, 2020	Wed	Practice (First Day of Taper)	N/A	2:45 PM	5:15 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 6, 2020	Thu	Practice (Taper Continues)	N/A	2:45 PM	5:15 PM	Vestal High School Pool, African Road Lower Field		
Feb 8, 2020	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 10, 2020	Mon	Practice (More Tapering)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 11, 2020	Tue	Practice (More Tapering)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 11, 2020	Tue	Regular Season (Senior Night) 83-97 L	Union-Endicott	5:15 PM	7:30 PM	Vestal High School Baseball Field		L
Feb 12, 2020	Wed	Practice (More Tapering)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 13, 2020	Thu	Practice (More Tapering)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 14, 2020	Fri	Practice (More Tapering)	N/A	7:45 AM	9:30 AM	Vestal High School Pool		
Feb 15, 2020	Sat	Practice (Taper Continues)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 17, 2020	Mon	Practice (Resting getting ready to be FAST)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 18, 2020	Tue	Practice (Resting getting ready to be FAST)	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 19, 2020	Wed	Post-Season (Sectionals)	@ TBD	TBD		Ernie Davis	Departure Time: 1:15 PM	NL
Feb 20, 2020	Thu	Practice (Recovery)	N/A	2:45 PM	4:45 PM	Vestal High School Pool		
Feb 20, 2020	Thu	Post-Season (Sectionals)	@ TBD	TBD		Maine Endwell High School	Departure Time: 1:15 PM	NL
Feb 21, 2020	Fri	Practice (Recovery)	N/A	2:45 PM	4:45 PM	Vestal High School Pool		
Feb 22, 2020	Sat	Post-Season (Section IV Championships (Swimming Only) Warm ups time Class A - 1 PM)	Binghamton, Corning-Painted Post, Elmira, Horseheads, Ithaca, Union-Endicott @ Watkins Glen (Storm)	2:00 PM	5:00 PM	W G Pool	Departure Time: 11:15 AM	NL

Date: 2026-04-11