



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 / NON-LEAGUE	LEAGUE
CANCELLED Oct 13, 2020	Tue	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 14, 2020	Wed	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 15, 2020	Thu	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 19, 2020	Mon	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 20, 2020	Tue	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 21, 2020	Wed	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 22, 2020	Thu	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 26, 2020	Mon	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 27, 2020	Tue	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 28, 2020	Wed	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Oct 29, 2020	Thu	Practice (Boys Swim Workout)	N/A	5:00 PM	6:00 PM	Vestal High School Pool		
Jan 4, 2021	Mon	Practice (Swim Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Jan 5, 2021	Tue	Practice (Swim Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Jan 6, 2021	Wed	Practice (Swim Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Jan 7, 2021	Thu	Practice (Swim Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Jan 8, 2021	Fri	Practice (Swim Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Jan 9, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		
Jan 11, 2021	Mon	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 12, 2021	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 13, 2021	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 14, 2021	Thu	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 15, 2021	Fri	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Pool		
Jan 16, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		
POSTPONED Jan 18, 2021	Mon	Practice	N/A	3:45 PM	5:45 PM	Vestal High School Pool		
Jan 19, 2021	Tue	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 20, 2021	Wed	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 21, 2021	Thu	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 22, 2021	Fri	Practice	N/A	3:00 PM	5:15 PM	Vestal High School Pool		
Jan 23, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Jan 25, 2021	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Jan 27, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Jan 28, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Jan 29, 2021	Fri	Regular Season (Virtual no spectators at HH location - Duo-Meet/Vestal will be at Elmira)	Horseheads	5:30 PM	7:30 PM	Vestal High School Baseball Field, HHS High School Pool		L
Jan 29, 2021	Fri	Regular Season 125-60 W	@ Elmira	5:30 PM		EDA Pool		L
Jan 30, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool Gym		
Feb 3, 2021	Wed	Regular Season (Virtual meet-limited spectators at Vestal)	Maine-Endwell	5:30 PM	7:30 PM	Vestal High School Baseball Field, Maine Endwell High School		L
Feb 4, 2021	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Feb 5, 2021	Fri	Regular Season (Virtual meet-limited spectators at Vestal)	Ithaca	5:30 PM	7:30 PM	Vestal High School Baseball Field, Ithaca High School		L
Feb 6, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		
Feb 8, 2021	Mon	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Feb 9, 2021	Tue	Regular Season (Virtual)	@ Binghamton	5:30 PM	7:30 PM	East Middle School Pool		L
Feb 9, 2021	Tue	Regular Season (Both teams @ JC-limited spectators)	@ Johnson City	5:30 PM	7:30 PM	JC HS Pool	Departure Time: 4:00 PM	L
Feb 10, 2021	Wed	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Feb 11, 2021	Thu	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Feb 12, 2021	Fri	Regular Season (Both teams @ Vestal-limited spectators)	Union-Endicott	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Feb 13, 2021	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		
Feb 17, 2021	Wed	Regular Season 77-94 L	Corning-Painted Post	5:30 PM	7:30 PM	Vestal High School Baseball Field		L
Feb 23, 2021	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool		
Feb 24, 2021	Wed	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool		
Feb 25, 2021	Thu	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool		
Feb 26, 2021	Fri	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool		
Feb 27, 2021	Sat	Regular Season (Sectionals)	TBD	12:00 PM		Vestal High School Baseball Field		L

Date: 2026-05-05