



# 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 15, 2021	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 16, 2021	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 17, 2021	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 18, 2021	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 19, 2021	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 20, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 22, 2021	Mon	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 23, 2021	Tue	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Nov 24, 2021	Wed	Practice	N/A	8:45 AM	11:15 AM	Vestal High School Pool		
Nov 26, 2021	Fri	Practice	N/A	9:45 AM	12:30 PM	Vestal High School Pool		
Nov 27, 2021	Sat	Practice	N/A	8:45 AM	11:15 AM	Vestal High School Pool Gym		
Nov 29, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 30, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 1, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 2, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 3, 2021	Fri	Regular Season 97-81 W	Union-Endicott	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Dec 4, 2021	Sat	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Pool		
Dec 6, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 7, 2021	Tue	Regular Season 81-93 L	@ Maine-Endwell	5:30 PM	7:00 PM	Maine-Endwell HS Pool	Departure Time: 4:15 PM	L
Dec 8, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 9, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 10, 2021	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 11, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 13, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 14, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 15, 2021	Wed	Regular Season 102-82 W	Elmira	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Dec 16, 2021	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 17, 2021	Fri	Regular Season 103-69 W	@ Johnson City	6:00 PM	7:30 PM	JC HS Pool	Departure Time: 4:15 PM	L
Dec 18, 2021	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 20, 2021	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 21, 2021	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 22, 2021	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 23, 2021	Thu	Practice	N/A	8:45 AM	11:30 AM	Vestal High School Pool		
Dec 27, 2021	Mon	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Dec 27, 2021	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 28, 2021	Tue	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Dec 28, 2021	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 29, 2021	Wed	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Dec 29, 2021	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 30, 2021	Thu	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Dec 30, 2021	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 31, 2021	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 3, 2022	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Jan 4, 2022	Tue	Regular Season 92-93 L	@ Corning-Painted Post	6:30 PM	7:00 PM	C P P High School	Departure Time: 4:15 PM	L
Jan 5, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 6, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 7, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 8, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 10, 2022	Mon	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Jan 11, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 12, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 13, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		

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Jan 14, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 15, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 17, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 18, 2022	Tue	Regular Season 91-88 W	@ Ithaca	6:30 PM	8:00 PM	Lansing HS (Pool)	Departure Time: 4:15 PM	L
Jan 19, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 20, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 21, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 22, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 24, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
POSTPONED Jan 25, 2022	Tue	Regular Season (4 spectators per athlete)	Horseheads	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Jan 26, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 27, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 28, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 29, 2022	Sat	Regular Season (Maine Endwell Invitational)	@ TBD	9:00 AM		Maine Endwell High School	Departure Time: 7:30 AM	NL
Jan 31, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 1, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 2, 2022	Wed	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Feb 3, 2022	Thu	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Feb 4, 2022	Fri	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Feb 5, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 7, 2022	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 8, 2022	Tue	Regular Season (4 spectators per athlete) 93-80 W	Binghamton	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Feb 9, 2022	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 10, 2022	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 11, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 12, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 14, 2022	Mon	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 15, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 16, 2022	Wed	Post-Season (Prelims)	@ TBD	TBD		Elmira High School	<b>Departure Time:</b> 2:05 PM	NL
Feb 17, 2022	Thu	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Feb 17, 2022	Thu	Post-Season (Sectional diving)	@ TBD	TBD		Maine Endwell High School	<b>Departure Time:</b> 1:30 PM	NL
Feb 18, 2022	Fri	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Feb 19, 2022	Sat	Post-Season (Section IV Class A Finals (warmups at 2:30pm - 3:30pm))	Elmira, Horseheads, Corning-Painted Post, Ithaca, Binghamton, Union-Endicott @ Watkins Glen (Storm)	3:30 PM	6:30 PM	W G Pool	<b>Departure Time:</b> 12:45 PM	L

Date: 2024-05-08