



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 7, 2022	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Nov 8, 2022	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Nov 9, 2022	Wed	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Nov 10, 2022	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Nov 14, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 15, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 16, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 17, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 18, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 19, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 21, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 22, 2022	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 23, 2022	Wed	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 25, 2022	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 26, 2022	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 28, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 29, 2022	Tue	Regular Season 52-50 W	@ Union-Endicott	5:30 PM	7:00 PM	UEHS Pool	Departure Time: 4:15 PM	L
Nov 30, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 1, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 2, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 3, 2022	Sat	Practice (Swim Practice)	N/A	TBD		Vestal High School Pool		
Dec 5, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 6, 2022	Tue	Regular Season 80-91 L	Maine-Endwell	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Dec 7, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 8, 2022	Thu	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 9, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 10, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 12, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 13, 2022	Tue	Regular Season 94-82 W	@ Elmira	5:30 PM	7:00 PM	EDA Pool	Departure Time: 3:15 PM	L
Dec 14, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
POSTPONED Dec 15, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2022	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2022	Fri	Regular Season (Elmira Invitational-Divers)	@ TBD	3:30 PM		Ernie Davis	Departure Time: 2:00 PM	NL
Dec 17, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 19, 2022	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 20, 2022	Tue	Regular Season 97-80 W	Johnson City	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Dec 21, 2022	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 22, 2022	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 23, 2022	Fri	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 23, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 24, 2022	Sat	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 26, 2022	Mon	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 26, 2022	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 27, 2022	Tue	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 27, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 28, 2022	Wed	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 28, 2022	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 29, 2022	Thu	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 29, 2022	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Dec 30, 2022	Fri	Practice (Swim Practice)	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 30, 2022	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Jan 2, 2023	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2023	Tue	Regular Season 77-98 L	Corning-Painted Post	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Jan 4, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 5, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 6, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 7, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 9, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 10, 2023	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 11, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 12, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 13, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 14, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 16, 2023	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 17, 2023	Tue	Regular Season (Sr. Nite) 98-70 W	Ithaca	5:30 PM	7:00 PM	Vestal High School Baseball Field		L
Jan 18, 2023	Wed	Practice	N/A	2:45 PM	4:40 PM	Vestal High School Pool		
Jan 19, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 20, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
CANCELLED Jan 21, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 21, 2023	Sat	Regular Season (JC Relays Invitational)	@ TBD	TBD		TBD	Departure Time: 8:00 AM	NL
Jan 23, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 24, 2023	Tue	Practice	N/A	3:30 PM	4:15 PM	TBD		
Jan 24, 2023	Tue	Regular Season 91-58 W	@ Binghamton	5:30 PM	7:00 PM	East Middle School Pool	Departure Time: 4:30 PM	L
Jan 25, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 26, 2023	Thu	Practice	N/A	4:30 PM	6:00 PM	Vestal High School Pool		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:30 PM	Vestal High School Pool		
Jan 28, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 30, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 31, 2023	Tue	Regular Season 78-103 L	@ Horseheads	5:30 PM	7:00 PM	HHS HS Pool	Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 1, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 2, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 3, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 4, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 6, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 8, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 9, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 10, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 11, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 13, 2023	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 14, 2023	Tue	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 15, 2023	Wed	Post-Season (Prelims)	@ TBD	TBD		TBD	Departure Time: 7:30 AM	NL
Feb 16, 2023	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 17, 2023	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Feb 17, 2023	Fri	Post-Season (Diving)	@ TBD	TBD		TBD	Departure Time: 7:30 AM	NL
Feb 18, 2023	Sat	Post-Season (Section IV Class A Swim Finals - Tickets Trough GoFan)	Elmira, Horseheads, Corning-Painted Post, Ithaca, Binghamton, Union-Endicott @ Watkins Glen (Storm)	3:30 PM	6:30 PM	W G Pool	Departure Time: 12:30 PM	NL

Date: 2025-12-15