



**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, 2023	Tue	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 8, 2023	Wed	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 9, 2023	Thu	Practice	N/A	2:45 PM	4:15 PM	Vestal High School Pool		
Nov 10, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	Vestal High School Pool		
Nov 13, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 14, 2023	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 15, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 16, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 17, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 18, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 20, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 21, 2023	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 22, 2023	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 24, 2023	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 25, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Nov 27, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 29, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 30, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Nov 30, 2023	Thu	Regular Season 84-97 L	Union-Endicott	5:30 PM	8:00 PM	Vestal High School Pool		L
Dec 1, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 2, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 4, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 5, 2023	Tue	Regular Season 79-97 L	@ Maine-Endwell	5:30 PM	8:00 PM	Maine-Endwell HS Pool		L
Dec 6, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 7, 2023	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Dec 8, 2023	Fri	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, 2023	Sat	Practice (JC Relay Meet)	N/A	12:00 PM	4:00 PM	Johnson City High School		
Dec 11, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 12, 2023	Tue	Regular Season 90-85 W	Elmira	5:30 PM	8:00 PM	Vestal High School Pool		L
Dec 13, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 14, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 15, 2023	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 16, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 18, 2023	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 19, 2023	Tue	Regular Season 96-83 W	@ Johnson City	5:30 PM	8:00 PM	JC HS Pool		L
Dec 20, 2023	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 21, 2023	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Dec 22, 2023	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 23, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 27, 2023	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 27, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 28, 2023	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 28, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 29, 2023	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Dec 29, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Dec 30, 2023	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 2, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 3, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 5, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 6, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 8, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 9, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 10, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 11, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 12, 2024	Fri	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
Jan 13, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
CANCELLED Jan 15, 2024	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 17, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 18, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 19, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 19, 2024	Fri	Regular Season (Senior Night) 92-83 W	@ Ithaca	5:30 PM	8:00 PM	IHS Pool (C150)		L
Jan 20, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 22, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 23, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 24, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 25, 2024	Thu	Practice	N/A	2:45 PM	4:35 PM	Vestal High School Pool		
Jan 25, 2024	Thu	Regular Season 79-89 L	@ Corning-Painted Post	5:30 PM	8:00 PM	C P P High School		L
Jan 26, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 27, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Jan 29, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Jan 30, 2024	Tue	Regular Season 73-105 L	Horseheads	5:30 PM	8:00 PM	Vestal High School Pool		L
Jan 31, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 1, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 2, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 3, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 5, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 6, 2024	Tue	Regular Season 90-72 W	Binghamton	5:30 PM	8:00 PM	Vestal High School Pool		L
Feb 7, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 8, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 9, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 10, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Feb 12, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 13, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Feb 15, 2024	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
Feb 16, 2024	Fri	Practice	N/A	10:00 AM	11:30 AM	Vestal High School Pool		
Feb 17, 2024	Sat	Post-Season (Section IV Class A Finals)	Elmira, Binghamton, Ithaca, Corning-Painted Post, Union-Endicott, Horseheads @ Watkins Glen (Storm)	3:30 PM		W G Pool		NL
Mar 18, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 19, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 21, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 25, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 26, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Mar 28, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 8, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 9, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 11, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 15, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 16, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 18, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 22, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 23, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 25, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 29, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Apr 30, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 2, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 6, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 7, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 9, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 13, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 14, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 16, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 20, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 21, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE
								/ NON-LEAGUE
May 23, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 28, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
May 30, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 3, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 4, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 6, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 10, 2024	Mon	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 11, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		
Jun 13, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Vestal High School Pool		

Date: 2026-01-09