



# Vestal

## (B) 7/8TH Swimming/Diving

### Coaches:

- Pat Harnan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 27, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Nov 29, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Nov 30, 2023	Thu	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 4, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 5, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 6, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 7, 2023	Thu	Regular Season	Johnson City, Union-Endicott	5:30 PM	7:30 PM	Vestal High School Pool		L
Dec 8, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 9, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 11, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 13, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 15, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 16, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 18, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Dec 20, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 21, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 22, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool		
Dec 23, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 27, 2023	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 28, 2023	Thu	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 29, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 30, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 2, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 3, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 4, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 6, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 9, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 10, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 11, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 12, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 13, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 16, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 17, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 18, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 19, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 20, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool		
Jan 22, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 23, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 24, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 25, 2024	Thu	Practice (Meet at UE)	N/A	5:30 PM	7:00 PM	Union Endicott High School		
Jan 26, 2024	Fri	Regular Season	Maine-Endwell, Johnson City	5:30 PM	7:30 PM	Vestal High School Pool		L
Jan 31, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

Date: 2024-05-19