



# Vestal

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

### Coaches:

- Pat Harnan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Nov 29, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Nov 30, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 1, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 2, 2022	Fri	Practice	N/A	5:30 PM	6:30 PM	Vestal High School Pool		
Dec 5, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 7, 2022	Wed	Regular Season	Johnson City @ Maine-Endwell	5:30 PM	7:00 PM	Maine-Endwell HS Pool	Departure Time: 4:30 PM	L
Dec 8, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 9, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 10, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 12, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 13, 2022	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 14, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
CANCELLED Dec 15, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 16, 2022	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
CANCELLED Dec 17, 2022	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 19, 2022	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 20, 2022	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 21, 2022	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 22, 2022	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 23, 2022	Fri	Practice	N/A	1:00 PM	3:00 PM	Vestal High School Pool		
Dec 28, 2022	Wed	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 29, 2022	Thu	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 30, 2022	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
CANCELLED Jan 2, 2023	Mon	Practice	N/A	10:56 AM	12:56 PM	Vestal High School Pool		
Jan 3, 2023	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Jan 4, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 5, 2023	Thu	Regular Season	Horseheads @ Owego Apalachin	5:30 PM	7:00 PM	OFA Pool	Departure Time: 4:30 PM	L
Jan 6, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 7, 2023	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 9, 2023	Mon	Regular Season	Owego Apalachin @ Elmira	6:00 PM	7:00 PM	EDA Pool	Departure Time: 4:00 PM	L
Jan 10, 2023	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 12, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 13, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 14, 2023	Sat	Regular Season (Maine Endwell Invitational)	@ TBD	10:00 AM		Maine Endwell High School	Departure Time: 9:40 AM	NL
Jan 17, 2023	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
CANCELLED Jan 17, 2023	Tue	Regular Season	Union-Endicott @ Maine-Endwell	5:30 PM	7:00 PM	Maine-Endwell HS Pool	Departure Time: 4:30 PM	L
Jan 18, 2023	Wed	Regular Season	Union-Endicott	5:30 PM		Vestal High School Baseball Field		NL
Jan 19, 2023	Thu	Regular Season	Johnson City @ Owego Apalachin	5:30 PM	7:00 PM	OFA Pool	Departure Time: 4:00 PM	L
Jan 20, 2023	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 23, 2023	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 24, 2023	Tue	Practice	N/A	3:00 PM	4:00 PM	Vestal High School Pool		
Jan 25, 2023	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 26, 2023	Thu	Regular Season	Union-Endicott @ Johnson City	5:30 PM	7:00 PM	JC HS Pool	Departure Time: 4:30 PM	L
Feb 2, 2023	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

Date: 2025-12-16