



# Vestal

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

### Coaches:

- Pat Harnan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / 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 14, 2023	Thu	Regular Season	Owego Apalachin @ Elmira	5:30 PM	7:30 PM	EDA Pool	L
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	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Dec 29, 2023	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool	
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 5, 2024	Fri	Regular Season	Waverly @ Owego Apalachin	5:30 PM	7:30 PM	OFA Pool	L
Jan 6, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym	
Jan 8, 2024	Mon	Regular Season	Union-Endicott @ Maine- Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool	L
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	
CANCELLED Jan 18, 2024	Thu	Regular Season	Johnson City @ Waverly	5:30 PM	7:30 PM	TBD	L
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: 2026-01-11