



# Vestal

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

### Coaches:

- Pat Harnan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 2, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 3, 2024	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 4, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 5, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 6, 2024	Fri	Practice	N/A	5:30 PM	7:00 PM	Vestal High School Pool		
Dec 9, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 11, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 12, 2024	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 13, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 14, 2024	Sat	Practice	N/A	10:00 AM	11:45 AM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 16, 2024	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool		
Dec 18, 2024	Wed	Regular Season	Owego Apalachin @ Elmira	5:30 PM	7:30 PM	EDA Pool		L
Dec 18, 2024	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 19, 2024	Thu	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 20, 2024	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 21, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 23, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 27, 2024	Fri	Practice	N/A	11:00 AM	1:00 PM	Vestal High School Pool		
Dec 28, 2024	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 30, 2024	Mon	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 31, 2024	Tue	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool		
Jan 2, 2025	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	LEAGUE
Jan 3, 2025	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Jan 4, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 6, 2025	Mon	Regular Season (ME Mod Invite)	TBD	4:00 PM		Maine Endwell High School		L
Jan 6, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 7, 2025	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Jan 8, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 9, 2025	Thu	Regular Season	@ Owego Apalachin	5:30 PM	7:30 PM	OFA Pool		L
Jan 10, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 11, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 13, 2025	Mon	Regular Season	Maine-Endwell, Johnson City	5:30 PM	7:30 PM	Vestal High School Pool		L
Jan 14, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 15, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 16, 2025	Thu	Regular Season	Union-Endicott @ Maine-Endwell	5:30 PM	7:30 PM	Maine-Endwell HS Pool		L
Jan 17, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 18, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 20, 2025	Mon	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool		
Jan 21, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 22, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 23, 2025	Thu	Regular Season	@ Johnson City	5:30 PM	7:00 PM	JC HS Pool		L
Jan 24, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 25, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool		
Jan 27, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 28, 2025	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Jan 29, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 30, 2025	Thu	Regular Season	Johnson City, Union-Endicott	5:30 PM	7:30 PM	Vestal High School Pool		L
Jan 31, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
CANCELLED Feb 1, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 3, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Feb 4, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Feb 5, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Feb 13, 2025	Thu	Practice (End of Season Party)	N/A	5:30 PM	7:30 PM	Vestal High School Pool		

Date: 2026-02-11