



Vestal

(B) 7/8TH Swimming/Diving

Coaches:

- Pat Harnan

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 1, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 2, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 3, 2025	Wed	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 4, 2025	Thu	Practice	N/A	5:00 PM	6:30 PM	Vestal High School Pool		
Dec 5, 2025	Fri	Practice	N/A	5:30 PM	6:30 PM	Vestal High School Pool		
Dec 8, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 9, 2025	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 10, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 11, 2025	Thu	Regular Season	Johnson City, Union-Endicott	5:30 PM	7:00 PM	Vestal High School Pool		L
Dec 12, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 13, 2025	Sat	Practice	N/A	10:00 AM	11:45 AM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 15, 2025	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 16, 2025	Tue	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Dec 17, 2025	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Dec 18, 2025	Thu	Regular Season	@ Elmira	5:30 PM		EDA Pool		L
Dec 19, 2025	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
CANCELLED Dec 20, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 22, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 23, 2025	Tue	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
CANCELLED Dec 26, 2025	Fri	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 27, 2025	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Dec 29, 2025	Mon	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Dec 30, 2025	Tue	Practice	N/A	5:00 PM	7:00 PM	Vestal High School Pool		
Jan 2, 2026	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
Jan 3, 2026	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 5, 2026	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 6, 2026	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 7, 2026	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 8, 2026	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 9, 2026	Fri	Regular Season	@ Owego Apalachin	5:00 PM		OFA Pool		L
Jan 10, 2026	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 12, 2026	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 13, 2026	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 14, 2026	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 15, 2026	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 16, 2026	Fri	Regular Season	Norwich @ Maine-Endwell	5:30 PM		Maine-Endwell HS Pool		L
Jan 17, 2026	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
CANCELLED Jan 19, 2026	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 20, 2026	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 21, 2026	Wed	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 22, 2026	Thu	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 23, 2026	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 24, 2026	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Jan 26, 2026	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 27, 2026	Tue	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 28, 2026	Wed	Regular Season	Binghamton, Maine-Endwell	5:30 PM	7:00 PM	Vestal High School Pool		L
Jan 29, 2026	Thu	Practice	N/A	3:00 PM	4:15 PM	Vestal High School Pool		
Jan 30, 2026	Fri	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Jan 31, 2026	Sat	Practice	N/A	10:00 AM	12:00 PM	Vestal High School Pool, Vestal High School Pool Gym		
Feb 2, 2026	Mon	Practice	N/A	5:30 PM	7:30 PM	Vestal High School Pool		
Feb 3, 2026	Tue	Practice (STAC Invite)	N/A	5:00 PM	7:30 PM	Maine Endwell High School		

Date: 2026-02-11