



# Vestal

## (G) V Winter Track

### Coaches:

- Jim Cerra, Head Coach
- Joe Nemecek, Asst Coach
- Flavia Cass

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 12, 2019	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 13, 2019	Wed	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 14, 2019	Thu	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 15, 2019	Fri	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 18, 2019	Mon	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 19, 2019	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 20, 2019	Wed	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 21, 2019	Thu	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 22, 2019	Fri	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 25, 2019	Mon	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 26, 2019	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		

Date: 2026-02-07