



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 15, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 16, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 17, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 18, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 19, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 22, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 23, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 29, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Nov 30, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 1, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 2, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 3, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 6, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 9, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 10, 2021	Fri	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Dec 13, 2021	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 14, 2021	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 15, 2021	Wed	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 16, 2021	Thu	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 17, 2021	Fri	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 4, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 7, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 10, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 11, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 14, 2022	Fri	Practice (Early dismissal NO PRACTICE TODAY)	N/A	TBD		TBD		
Jan 18, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 19, 2022	Wed	Practice (No practice today)	N/A	TBD		TBD		
Jan 20, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 21, 2022	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 24, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 25, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 26, 2022	Wed	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 27, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 28, 2022	Fri	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Jan 31, 2022	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 1, 2022	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 2, 2022	Wed	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Feb 3, 2022	Thu	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 4, 2022	Fri	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 7, 2022	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 7, 2022	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 8, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 9, 2022	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 10, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 11, 2022	Fri	Practice (No Practice Today)	N/A	TBD		TBD		
Feb 14, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 15, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 16, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 17, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 22, 2022	Tue	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 23, 2022	Wed	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 24, 2022	Thu	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 25, 2022	Fri	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 28, 2022	Mon	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
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Mar 1, 2022	Tue	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Mar 2, 2022	Wed	Practice (No practice today)	N/A	TBD		TBD		
Mar 3, 2022	Thu	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Mar 4, 2022	Fri	Practice (No practice today Travel day to states)	N/A	TBD		TBD		

Date: 2025-12-17