



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 14, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 15, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 16, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 17, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 18, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 21, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 22, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 29, 2022	Tue	Practice (Parent meeting in Pool Gym at 5:00)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 30, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 1, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 2, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 5, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 7, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 8, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 9, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 13, 2022	Tue	Practice	N/A	3:15 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, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 15, 2022	Thu	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 16, 2022	Fri	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 20, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 21, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 22, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 23, 2022	Fri	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Jan 2, 2023	Mon	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 4, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 5, 2023	Thu	Practice (Practice will begin with warmups at 3:30 today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 6, 2023	Fri	Practice (Practice will begin with warmups at 3:30 today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 9, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 10, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 11, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 12, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 18, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 19, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 30, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 31, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 1, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 2, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 6, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 7, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 8, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 9, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 13, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 14, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 15, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 16, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		

Date: 2025-12-17