



# 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 13, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 14, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 15, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 16, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 17, 2023	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 20, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 21, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 27, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 28, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 29, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 30, 2023	Thu	Practice (Practice and PARENT MEETING AT 5:00 IN THE POOL GYM)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 1, 2023	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 3, 2023	Sun	Regular Season (Ithaca Bomber Invitational)	@ TBD	10:00 AM		Ithaca College	<b>Departure Time:</b> 8:10 AM <b>Return Date:</b> L <b>Return Time:</b> 4:00 PM	
Dec 4, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 5, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 6, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 7, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 8, 2023	Fri	Practice (Practice Indoor Track and Field)	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 9, 2023	Sat	Regular Season (Finger Lakes Invitational )	@ TBD	2:00 PM		SUNY Cortland	<b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	NL
Dec 11, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 12, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 13, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 14, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 15, 2023	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 16, 2023	Sat	Regular Season (Winter Classic )	@ TBD	2:00 PM		SUNY Cortland	<b>Departure Time:</b> 12:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	NL
Dec 18, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 19, 2023	Tue	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Dec 20, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 21, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 2, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 3, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 4, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 5, 2024	Fri	Regular Season (Hurley Invitational)	@ TBD	4:30 PM		Ithaca College	<b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 11:00 PM	NL
Jan 8, 2024	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 9, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 10, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 11, 2024	Thu	Practice (Practice Indoor Track and Field)	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 12, 2024	Fri	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2024	Sat	Regular Season (607 Invitational)	@ TBD	6:00 PM		SUNY Cortland	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	NL
Jan 16, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 17, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 18, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 19, 2024	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 22, 2024	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 23, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 24, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 29, 2024	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 30, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 31, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 1, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 3, 2024	Sat	Regular Season (Quinney Invitational)	@ TBD	6:00 PM		SUNY Cortland	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	NL
Feb 5, 2024	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 6, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 7, 2024	Wed	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 8, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 9, 2024	Fri	Practice (Practice Indoor Track and Field)	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
Feb 12, 2024	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 13, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 14, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 15, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 17, 2024	Sat	Regular Season (Section IV Classic)	@ TBD	6:00 PM		SUNY Cortland	<b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 11:00 PM	NL
Feb 20, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 21, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 22, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 23, 2024	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 25, 2024	Sun	Regular Season (Section IV State Qualifier )	@ TBD	TBD		Cornell		NL
Mar 2, 2024	Sat	Regular Season (NYS Indoor Championship )	@ TBD	TBD		Ocean Breeze		NL

Date: 2025-12-06