



# 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 18, 2024	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 19, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 20, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 21, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 22, 2024	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 25, 2024	Mon	Practice (Practice Indoor Track and Field Parent meeting at 5:00 pool gym)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 26, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 2, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 3, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 4, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 8, 2024	Sun	Regular Season (Ithaca College Invite)	@ TBD	12:00 AM		TBD		L
Dec 9, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 10, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 11, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 12, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 13, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 14, 2024	Sat	Regular Season (Cortland Invite)	@ TBD	12:00 AM		TBD		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
CANCELLED Dec 16, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 18, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 19, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 21, 2024	Sat	Regular Season (Cortland Invite)	@ TBD	12:00 AM		TBD		L
Dec 23, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 27, 2024	Fri	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 28, 2024	Sat	Regular Season (NYC Armory Invite)	@ TBD	12:00 AM		TBD		L
Dec 30, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Jan 2, 2025	Thu	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Jan 3, 2025	Fri	Regular Season (Ithaca College Invite)	@ TBD	12:00 AM		TBD		L
Jan 6, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 7, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 8, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 9, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 14, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 15, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 16, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 17, 2025	Fri	Regular Season (Ithaca College Invite)	@ TBD	12:00 AM		TBD		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 20, 2025	Mon	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Jan 21, 2025	Tue	Practice	N/A	5:00 PM	6:30 PM	Vestal High School Pool Gym		
Jan 22, 2025	Wed	Practice	N/A	5:00 PM	6:30 PM	Vestal High School Pool Gym		
Jan 23, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 24, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 27, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 28, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 30, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 31, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 3, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 4, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 5, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 6, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 7, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 8, 2025	Sat	Regular Season (TBD Class Meet)	TBD	12:00 AM		TBD		L
Feb 10, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 11, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 12, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 13, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 14, 2025	Fri	Practice (Practice Time to be Determined)	N/A	TBD		Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 18, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 19, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 20, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 21, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 22, 2025	Sat	Regular Season (TBD State Qualifier)	@ TBD	12:00 AM		TBD		L
Feb 24, 2025	Mon	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 25, 2025	Tue	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 26, 2025	Wed	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 27, 2025	Thu	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 28, 2025	Fri	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Mar 8, 2025	Sat	Regular Season (NYSPHSAA CHAMPIONSHIP)	@ TBD	12:00 AM		TBD		L

Date: 2026-02-10