



# 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 17, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 18, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 19, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 20, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 21, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 24, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 25, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 1, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 2, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 3, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 4, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 5, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 7, 2025	Sun	Regular Season (Ithaca College Invite)	@ TBD	TBD		Ithaca College		L
Dec 8, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 9, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 10, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 11, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 12, 2025	Fri	Practice (Practice is cancelled for today)	N/A	TBD		Vestal High School Pool Gym		
Dec 13, 2025	Sat	Regular Season (607 Invitational)	@ TBD	9:00 AM		SUNY Cortland		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 15, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 16, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 17, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 18, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 19, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Dec 20, 2025	Sat	Regular Season (Section 4 Classic)	@ TBD	9:00 AM		SUNY Cortland		L
Dec 22, 2025	Mon	Practice (Practice Indoor Track and Field JUMPERS AND SHORT DISTANCE)	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 22, 2025	Mon	Practice (Practice Indoor Track and Field THROWERS AND DISTANCE)	N/A	2:30 PM	4:30 PM	Vestal High School Pool Gym		
Dec 23, 2025	Tue	Practice (Practice Indoor Track and Field FULL TEAM)	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 23, 2025	Tue	Practice (Practice is cancelled for today due to snow)	N/A	TBD		TBD		
Dec 26, 2025	Fri	Practice (Practice Indoor Track and Field FULL TEAM)	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 27, 2025	Sat	Regular Season (CNY Invitational)	@ TBD	10:00 AM		Utica College		L
Dec 29, 2025	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 30, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 2, 2026	Fri	Practice (Practice Indoor Track and Field)	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Jan 3, 2026	Sat	Regular Season (Quinney Invitational)	@ TBD	1:00 PM		Cornell		L
Jan 5, 2026	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 6, 2026	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 7, 2026	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 8, 2026	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 9, 2026	Fri	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 10, 2026	Sat	Regular Season (Winter Classic)	@ TBD	7:00 PM		SUNY Cortland		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 12, 2026	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2026	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 14, 2026	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 15, 2026	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 16, 2026	Fri	Regular Season (Hurley Invitational)	@ TBD	4:30 PM		Ithaca College		L
Jan 19, 2026	Mon	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Jan 20, 2026	Tue	Practice (Practice Indoor Track and Field Time to be determined)	N/A	5:00 PM	6:30 PM	Vestal High School Pool Gym		
Jan 21, 2026	Wed	Practice (Practice Indoor Track and Field Time to be determined)	N/A	TBD		Vestal High School Pool Gym		
Jan 22, 2026	Thu	Practice (Practice Indoor Track and Field Time to be determined)	N/A	5:00 PM	6:30 PM	Vestal High School Pool Gym		
Jan 23, 2026	Fri	Practice (Practice Indoor Track and Field Time to be determined)	N/A	TBD		Vestal High School Pool Gym		
Jan 26, 2026	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 27, 2026	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 28, 2026	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 29, 2026	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Jan 30, 2026	Fri	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 1, 2026	Sun	Regular Season (Fingerlakes Invitational)	@ TBD	1:00 PM		Cornell		L
Feb 2, 2026	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 3, 2026	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 4, 2026	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 5, 2026	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 6, 2026	Fri	Practice (Practice cancelled for 7 day rule.)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 7, 2026	Sat	Regular Season (Section 4 Class Meet)	@ TBD	1:00 PM		Cornell		L
Feb 9, 2026	Mon	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 10, 2026	Tue	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 11, 2026	Wed	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 12, 2026	Thu	Practice (Practice Indoor Track and Field)	N/A	3:05 PM	5:00 PM	Vestal High School Pool Gym		
Feb 13, 2026	Fri	Practice (Practice Indoor Track and Field Immediately after early dismissal)	N/A	12:00 PM	2:00 PM	TBD		
Feb 14, 2026	Sat	Regular Season (Section 4 Meet)	@ TBD	TBD		SUNY Cortland		L
Feb 20, 2026	Fri	Regular Season (Section 4 State Qualifier)	@ TBD	4:30 PM		Ithaca College		L
Mar 7, 2026	Sat	Regular Season (NYSPHSAA CHAMPIONSHIP)	@ TBD	TBD		Ocean Breeze		L

Date: 2026-02-10