

Coaches:

- Jim Cerra, Head Coach
- Joe Nemecek, Asst Coach
- Flavia Cass

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / 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 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	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 28, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 29, 2023	Wed	Practice (Practice)	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	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 4, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 5, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 6, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 7, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 8, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 12, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 14, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
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		African Road Elementary Gym	
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 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	
Jan 12, 2024	Fri	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
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, 2024Fri Track and Piekt)Practice (Practice Indoor Track and Piekt)N/A3:15 PMSub Vestal High MGymJan 22, 2024MonPracticeN/A3:15 PMSub Vestal High PMJan 23, 2024TuePracticeN/A3:15 PMSub Vestal High PMJan 24, 2024WedPractice (Practice Indoor Track and Piekt)N/A3:15 PMSub Vestal High PMJan 29, 2024MonPractice (Practice Indoor Track and Piekt)N/A3:00 PMSub Vestal High PMJan 30, 2024TuePractice (Practice Indoor Track and Field)N/A3:00 PMSub Vestal High PMJan 31, 2024WedPractice (Practice Indoor Track and Field)N/A3:00 PMSub Vestal High PMJan 31, 2024WedPractice (Practice Indoor Track and Field)N/A3:00 PMSub Vestal High PMJan 31, 2024ThuPractice (Practice Indoor Track and Field)N/A3:00 PMSub Or Pool PMFeb 1, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PMSub Or Vestal High PMFeb 5, 2024TuePractice (Practice Indoor Track and Field)N/A3:15 PMSub Or Vestal High PMFeb 1, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PMSub Or Vestal High PMFeb 1, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PMSub Or Vestal High PM <td< th=""><th>DATE</th><th>WEEK DAY</th><th>ТҮРЕ</th><th>OPPONENTS</th><th>START TIME</th><th>END TIME</th><th>LOCATION</th><th>LEAGUE TRANSPORTATION / NON- LEAGUE</th></td<>	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Jan 22, 2024 Mon Practice N/A Shi Source School Pool Gym Jan 23, 2024 Tue Practice N/A 3:15 5:00 Vestal High Gym Jan 24, 2024 Wed Practice N/A 3:15 5:00 Vestal High Gym Jan 29, 2024 Mon Practice (Practice Indoor Track and Field) N/A 3:00 5:00 Vestal High Gym Jan 30, 2024 Tue Practice (Practice Indoor Track and Field) N/A 3:00 5:00 Vestal High Gym Jan 31, 2024 Wed Practice (Practice Indoor Track and Field) N/A 3:00 5:00 Vestal High Gym Jan 31, 2024 Wed Practice (Practice Indoor Track and Field) N/A 3:00 5:00 Vestal High Gym Fob 1, 2024 Thu Practice (Practice Indoor Track and Field) N/A 3:15 5:00 Vestal High Gym Feb 6, 2024 Tue Practice (Practice Indoor Track and Field) N/A 3:15 5:00 Vestal High Gym Feb 7, 2024 Wed Practice (Practice Indoor Track and Field) N/A 3:15 5:00 Vestal High Gym Feb 12, 2024 Thu Practice (Practice Indoor Track and Field) N/A 3:15 5:00 Vestal High Gym <tr< td=""><td>Jan 19, 2024</td><td>Fri</td><td></td><td>N/A</td><td></td><td></td><td>School Pool</td><td></td></tr<>	Jan 19, 2024	Fri		N/A			School Pool	
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Feb 8, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMSchool Pool GymFeb 9, 2024FriPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 12, 2024MonPracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 13, 2024TuePracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 13, 2024TuePracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 14, 2024WedPracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 15, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 21, 2024WedPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool Gym	Feb 7, 2024	Wed		N/A			School Pool	
Feb 9, 2024FriPractice (Practice Induct Track and Field)N/A3.15 PM5.00 PMSchool Pool GymFeb 12, 2024MonPracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 13, 2024TuePracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 14, 2024WedPracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 14, 2024WedPracticeN/A3:15 PM5:00 PMVestal High School Pool GymFeb 15, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 20, 2024TuePractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 21, 2024WedPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool Gym	Feb 8, 2024	Thu		N/A			School Pool	
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Feb 15, 2024ThuPracticeN/AS.13S.00School PoolPMPMPMPMPMSchool PoolGymTuePractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 21, 2024WedPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool GymFeb 22, 2024ThuPractice (Practice Indoor Track and Field)N/A3:15 PM5:00 PMVestal High School Pool Gym	Feb 14, 2024	Wed	Practice	N/A			School Pool	
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Feb 22, 2024 Thu Track and Field) N/A PM PM School Pool	Feb 21, 2024	Wed		N/A			School Pool	
	Feb 22, 2024	Thu		N/A			School Pool	

DATE	WEEI DAY	K TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Feb 23, 2024	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	

Date: 2024-05-03