



Vestal

(B) 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 12, 2019	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 13, 2019	Wed	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 14, 2019	Thu	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 15, 2019	Fri	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 18, 2019	Mon	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 19, 2019	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 20, 2019	Wed	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 21, 2019	Thu	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 22, 2019	Fri	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 25, 2019	Mon	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 26, 2019	Tue	Practice	N/A	3:00 PM	4:45 PM	Vestal High School Pool Gym		
Nov 30, 2019	Sat	Regular Season (607 Invite)	@ TBD	9:15 AM		Cortland		NL
Dec 14, 2019	Sat	Regular Season (Bomber Invitational)	@ TBD	9:00 AM		Ithaca College	Departure Time: 7:45 AM	NL
Dec 21, 2019	Sat	Regular Season (Quinney Invite)	@ TBD	9:00 AM		Cortland	Departure Time: 12:00 PM	NL
Dec 28, 2019	Sat	Regular Season (Winter Classic)	@ TBD	9:00 AM		Cortland	Departure Time: 12:00 PM	NL
Jan 4, 2020	Sat	Regular Season (Section IV Classic)	@ TBD	12:30 PM		Cornell	Departure Time: 10:45 AM	NL
Jan 11, 2020	Sat	Regular Season (one and done)	@ TBD	6:00 PM		SUNY Cortland	Departure Time: 4:45 PM	NL
Jan 17, 2020	Fri	Regular Season	@ TBD	TBD		Ithaca College	Departure Time: 3:00 PM	NL
Jan 25, 2020	Sat	Regular Season (Hurley Invit)	@ TBD	5:00 PM		SUNY Cortland	Departure Time: 3:50 PM	NL
Feb 1, 2020	Sat	Regular Season (Open Meet)	@ TBD	4:00 PM		SUNY Cortland	Departure Time: 1:50 PM	NL
Feb 15, 2020	Sat	Regular Season (State Qualifiers)	@ TBD	12:30 PM		Cornell	Departure Time: 10:45 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 7, 2020	Sat	Regular Season (States)	@ TBD	TBD		Ocean Breeze		NL

Date: 2026-02-07