



# 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              | <b>Departure Time:</b><br>7:45 AM  | NL                  |
| Dec 21, 2019 | Sat      | Regular Season (Quinney Invite)      | @ TBD     | 9:00 AM    |          | Cortland                    | <b>Departure Time:</b><br>12:00 PM | NL                  |
| Dec 28, 2019 | Sat      | Regular Season (Winter Classic)      | @ TBD     | 9:00 AM    |          | Cortland                    | <b>Departure Time:</b><br>12:00 PM | NL                  |
| Jan 4, 2020  | Sat      | Regular Season (Section IV Classic)  | @ TBD     | 12:30 PM   |          | Cornell                     | <b>Departure Time:</b><br>10:45 AM | NL                  |
| Jan 11, 2020 | Sat      | Regular Season (one and done)        | @ TBD     | 6:00 PM    |          | SUNY Cortland               | <b>Departure Time:</b><br>4:45 PM  | NL                  |
| Jan 17, 2020 | Fri      | Regular Season                       | @ TBD     | TBD        |          | Ithaca College              | <b>Departure Time:</b><br>3:00 PM  | NL                  |
| Jan 25, 2020 | Sat      | Regular Season (Hurley Invit)        | @ TBD     | 5:00 PM    |          | SUNY Cortland               | <b>Departure Time:</b><br>3:50 PM  | NL                  |
| Feb 1, 2020  | Sat      | Regular Season (Open Meet)           | @ TBD     | 4:00 PM    |          | SUNY Cortland               | <b>Departure Time:</b><br>1:50 PM  | NL                  |
| Feb 15, 2020 | Sat      | Regular Season (State Qualifiers)    | @ TBD     | 12:30 PM   |          | Cornell                     | <b>Departure Time:</b><br>10:45 AM | NL                  |

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

Date: 2026-02-07