



# 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 / NON-LEAGUE
Nov 15, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 15, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 16, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 17, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 18, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 19, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 22, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 23, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 27, 2021	Sat	Regular Season (Weight Throw Only)	@ TBD	5:00 PM		Ithaca College	NL
Nov 29, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Nov 30, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 1, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 2, 2021	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 3, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 5, 2021	Sun	Practice (Ithaca Bomber Invitational Track and Field Meet)	N/A	3:00 PM	8:00 PM	Vestal High School Baseball Field, Ithaca College	
Dec 5, 2021	Sun	Regular Season (Ithaca Bombers)	@ TBD	3:00 PM		TBD	Departure Time: 1:15 PM NL
Dec 6, 2021	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 7, 2021	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 8, 2021	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 9, 2021	Thu	Practice (Practice is cancelled for today)	N/A	TBD		Vestal High School Pool Gym	
Dec 10, 2021	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 13, 2021	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 13, 2021	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 14, 2021	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 15, 2021	Wed	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2021	Thu	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 17, 2021	Fri	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Dec 18, 2021	Sat	Regular Season (607 Invite)	@ TBD	2:00 PM		SUNY Cortland	Departure Time: 12:00 PM	L
Dec 19, 2021	Sun	Regular Season (Weight Throw Only)	@ TBD	2:00 PM		SUNY Cortland		NL
Dec 20, 2021	Mon	Practice (New Practice time for today)	N/A	3:45 PM	5:00 PM	Vestal High School Pool Gym		
Dec 20, 2021	Mon	Practice (New Practice time for today)	N/A	3:45 PM	5:00 PM	Vestal High School Pool Gym		
Dec 21, 2021	Tue	Practice (New Practice time for today)	N/A	3:45 PM	5:00 PM	Vestal High School Pool Gym		
Dec 22, 2021	Wed	Practice (New Practice time for today)	N/A	3:45 PM	5:00 PM	Vestal High School Pool Gym		
Dec 27, 2021	Mon	Practice (Winter Break Practice )	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 28, 2021	Tue	Practice (Winter Break Practice )	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 29, 2021	Wed	Regular Season (Quinney Invite)	@ TBD	2:00 PM		SUNY Cortland	Departure Time: 12:00 PM	NL
Jan 3, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 4, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 5, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 7, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 8, 2022	Sat	Regular Season (Winterfest Invite)	@ TBD	1:00 PM		SUNY Cortland	Departure Time: 11:00 AM	NL
Jan 10, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 11, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
CANCELLED Jan 11, 2022	Tue	Regular Season (Hurley Invite)	@ TBD	5:00 PM		Ithaca College	Departure Time: 3:00 PM	NL
Jan 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 14, 2022	Fri	Practice (Early dismissal NO PRACTICE TODAY)	N/A	TBD		TBD		
Jan 15, 2022	Sat	Regular Season (Section IV Classic)	@ TBD	2:00 PM		SUNY Cortland	Departure Time: 12:00 PM	L
Jan 16, 2022	Sun	Regular Season (Weight Throw Only)	@ TBD	6:00 PM		SUNY Cortland		NL
Jan 18, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 19, 2022	Wed	Practice (No practice today)	N/A	TBD		TBD		
Jan 20, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 21, 2022	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 21, 2022	Fri	Regular Season	@ TBD	TBD		SUNY Cortland	<b>Departure Time:</b> 4:15 PM	NL
Jan 24, 2022	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 25, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 26, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 27, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 28, 2022	Fri	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Jan 31, 2022	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 1, 2022	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 2, 2022	Wed	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Feb 3, 2022	Thu	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 4, 2022	Fri	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 5, 2022	Sat	Regular Season	@ TBD	5:30 PM		SUNY Cortland	<b>Departure Time:</b> 4:00 PM	NL
Feb 7, 2022	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 8, 2022	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 9, 2022	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 10, 2022	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 11, 2022	Fri	Practice (No Practice Today)	N/A	TBD		TBD		
CANCELLED Feb 12, 2022	Sat	Regular Season (Sectionals)	@ TBD	9:00 AM		Cornell	<b>Departure Time:</b> 7:00 AM	NL
Feb 14, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 15, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 16, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 17, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 22, 2022	Tue	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 23, 2022	Wed	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 24, 2022	Thu	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 25, 2022	Fri	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 26, 2022	Sat	Regular Season (State Qualifiers)	@ TBD	9:00 AM		Cornell	<b>Departure Time:</b> 7:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Feb 28, 2022	Mon	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Mar 1, 2022	Tue	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Mar 2, 2022	Wed	Practice (No practice today)	N/A	TBD		TBD	
Mar 3, 2022	Thu	Practice (Voluntary Practice..... State Qualifiers must attend)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Mar 4, 2022	Fri	Practice (No practice today Travel day to State Track Meet)	N/A	TBD		TBD	
Mar 5, 2022	Sat	Regular Season (NY State Meet)	@ TBD	TBD		Staten Island	NL

Date: 2026-02-12