



# 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 14, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 15, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 16, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 17, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 18, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 21, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 22, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 29, 2022	Tue	Practice (Parent meeting in Pool Gym at 5:00)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Nov 30, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 1, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 2, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 5, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 7, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 8, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 9, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 9, 2022	Fri	Regular Season (Hurley Weight Throw)	@ TBD	6:00 PM		Cortland		NL
Dec 10, 2022	Sat	Regular Season (Hurley Invitational)	@ TBD	9:00 AM		Cortland	<b>Departure Time:</b> 7:00 AM	NL
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 14, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 15, 2022	Thu	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 16, 2022	Fri	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invitational)	@ TBD	9:00 AM		Cortland	<b>Departure Time:</b> 7:00 AM	NL
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 20, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 21, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 22, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 23, 2022	Fri	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 28, 2022	Wed	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool Gym		
Dec 29, 2022	Thu	Regular Season	@ TBD	8:30 AM		Armory NYC	<b>Departure Time:</b> 5:00 AM	L
Jan 2, 2023	Mon	Practice (Practice is cancelled for today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 4, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 5, 2023	Thu	Practice (Practice will begin with warmups at 3:30 today)	N/A	3:30 PM	5:00 PM	Vestal High School Pool Gym		
Jan 6, 2023	Fri	Practice (Practice will begin with warmups at 3:30 today)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 6, 2023	Fri	Regular Season (607 Weight Throw)	@ TBD	6:00 PM		Cortland		NL
Jan 7, 2023	Sat	Regular Season (607 Invitational)	@ TBD	1:00 PM		Cortland	<b>Departure Time:</b> 11:00 AM	NL
Jan 9, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 10, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 11, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 12, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 13, 2023	Fri	Regular Season (Winterfest Weight Throw)	@ TBD	6:00 PM		Cortland		NL
Jan 14, 2023	Sat	Regular Season (Winterfest Invitational)	@ TBD	9:00 AM		Cortland	<b>Departure Time:</b> 7:00 AM	NL
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 18, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 19, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Jan 20, 2023	Fri	Regular Season (Quinney Invitational)	@ TBD	5:00 PM		Ithaca College	<b>Departure Time:</b> 3:00 PM	NL
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 24, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 25, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 26, 2023	Thu	Practice (Practice is cancelled for today)	N/A	TBD		TBD		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 28, 2023	Sat	Regular Season (Section IV Classic)	@ TBD	TBD		Cornell	<b>Departure Time:</b> 10:45 PM	NL
Jan 30, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Jan 31, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 1, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 2, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym		
Feb 6, 2023	Mon	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 7, 2023	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 8, 2023	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 9, 2023	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 10, 2023	Fri	Regular Season (Section IV Championships)	@ TBD	5:00 PM		Ithaca College	<b>Departure Time:</b> 4:00 PM	NL
Feb 13, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 14, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 15, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 16, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 25, 2023	Sat	Regular Season (State Qualifier)	@ TBD	TBD		Cornell	<b>Departure Time:</b> 10:45 AM	NL
Mar 4, 2023	Sat	Regular Season (State Championship)	@ TBD	TBD		Ocean Breeze	<b>Departure Date:</b> Mar 3, 2023 <b>Departure Time:</b> 10:00 AM	NL
Mar 10, 2023	Fri	Regular Season (New Balance Nationals)	@ TBD	TBD		Boston		NL
Mar 17, 2023	Fri	Regular Season (Addidas Nationals)	@ TBD	TBD		TBD		NL

Date: 2024-05-01