

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 19, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 20, 2024	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 21, 2024	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 22, 2024	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 25, 2024	Mon	Practice (Practice Indoor Track and Field Parent meeting at 5:00 pool gym)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Nov 26, 2024	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 2, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 3, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 4, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 5, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 6, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 8, 2024	Sun	Regular Season (Ithaca College Invite)	@ TBD	TBD		TBD	L
Dec 9, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 10, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 11, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 12, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym	
Dec 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Vestal High School Pool Gym	
Dec 14, 2024	Sat	Regular Season (Cortland Invite)	@ TBD	TBD		Cortland	L

Dec 16, 2024 Mon Practice N/A 3:15 5:00 School Pool Gym School Pool	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 17, 2024 Tue Practice N/A Shool Pool Gym Gym Cym C	Dec 16, 2024	Mon	Practice	N/A			School Pool		
Dec 18, 2024	Dec 17, 2024	Tue	Practice	N/A			School Pool		
Dec 19, 2024	Dec 18, 2024	Wed	Practice	N/A			School Pool		
Dec 20, 2024	Dec 19, 2024	Thu	Practice	N/A			School Pool		
Dec 23, 2024 Mon Practice N/A 9:00 11:00 Vestal High School Pool Gym Cym C	Dec 20, 2024	Fri	Practice	N/A			School Pool		
Dec 23, 2024 Mon	Dec 21, 2024	Sat		@ TBD	TBD		Cortland		L
Dec 27, 2024	Dec 23, 2024	Mon	Practice	N/A			School Pool		
Dec 20, 2024 Mon Practice N/A 9:00 AM AM School Pool Gym Among Practice N/A 9:00 AM AM School Pool Gym Among Practice N/A 9:00 AM AM School Pool Gym Among Practice N/A Among Practice	Dec 27, 2024	Fri	Practice	N/A			School Pool		
Dec 30, 2024 Mon Practice N/A AM AM School Pool Gym Jan 2, 2025 Thu Practice N/A 9:00 AM 11:00 Vestal High School Pool Gym Jan 3, 2025 Fri Regular Season (Ithaca College Invite) @ TBD TBD Ithaca College L Jan 6, 2025 Mon Practice (Practice Indoor Track and Field) N/A 3:15 5:00 School Pool Gym Vestal High School Pool Gym Jan 7, 2025 Tue Practice (Practice Indoor Track and Field) N/A 3:15 5:00 School Pool Gym Vestal High School Pool Gym Jan 9, 2025 Thu Practice (Practice Indoor Track and Field) N/A 3:15 5:00 School Pool Gym Vestal High School Pool Gym Jan 10, 2025 Fri Regular Season (Cortland Invite) @ TBD 7:00 SUNY SUNY L Jan 13, 2025 Mon Practice (Practice Indoor Track and Field) N/A 3:15 5:00 School Pool Gym Vestal High School Pool Gym Jan 14, 2025 Tue Practice (Practice Indoor Track and Field) N/A 3:15 5:00 School Pool Gym Vestal High School Pool Gym Jan 15, 2025	Dec 28, 2024	Sat		@ TBD	TBD		Armory NYC		L
Jan 2, 2025 Thu Practice N/A AM	Dec 30, 2024	Mon	Practice	N/A			School Pool		
Jan 6, 2025 Mon Practice (Practice Indoor Track and Field) Jan 7, 2025 Tue Practice (Practice Indoor Track and Field) Jan 8, 2025 Wed Practice (Practice Indoor Track and Field) Jan 9, 2025 Thu Practice (Practice Indoor Track and Field) Jan 10, 2025 Fri Regular Season (Cortland Invite) Jan 13, 2025 Wed Practice (Practice Indoor Track and Field) Jan 14, 2025 Wed Practice (Practice Indoor Track and Field) Jan 15, 2025 Wed Practice (Practice Indoor Track and Field) Jan 16, 2025 Thu Practice (Practice Indoor Track and Field) Jan 17, 2025 The Practice (Practice Indoor Track and Field) Jan 18, 2025 Mon Practice (Practice Indoor Track and Field) Jan 19, 2025 Track and Field	Jan 2, 2025	Thu	Practice	N/A			School Pool		
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Jan 16, 2025 Thu Practice (Practice Indoor Track and Field) N/A School Pool Gym Indian 17, 2025 Fri Regular Season (Ithaca TRD TRD TRD TRD	Jan 15, 2025	Wed		N/A			School Pool		
	Jan 16, 2025	Thu		N/A			School Pool		
	Jan 17, 2025	Fri		@ TBD	TBD				L

Jan 20, 2025 Mon	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
CANCELLED Jan Tue Practice Practice N/A 500 630 School Pool Gym Cantal High	Jan 20, 2025	Mon		N/A	TBD		TBD		
Description Tue Practice Practice Indicate N/A Shool Pool Gym		Tue	Practice	N/A			School Pool		
Jan 23, 2025 Thu Track and Field) N/A 3.15 5.00 Vestal High School Pool Gym		Tue	Practice	N/A			School Pool		
Jan 24, 2025 Fri Practice (Practice Indoor Track and Field) Jan 27, 2025 Mon Practice (Practice Indoor Track and Field) Jan 28, 2025 Tue Practice (Practice Indoor Track and Field) Jan 30, 2025 Thu Practice (Practice Indoor Track and Field) Jan 31, 2025 Fri Practice (Practice Indoor Track and Field) N/A 3:15 5:00 School Pool Gym School Poo	Jan 23, 2025	Thu		N/A			School Pool		
Jan 27, 2025 Mon Track and Field) N/A PM PM School Pool Gym	Jan 24, 2025	Fri		N/A			School Pool		
Jan 28, 2025 Tue	Jan 27, 2025	Mon		N/A			School Pool		
Jan 30, 2025	Jan 28, 2025	Tue		N/A			School Pool		
Jan 31, 2025 Fri Practice (Practice Indoor Track and Field) N/A 31.5 source 5.00 Gym School Pool Gym Feb 3, 2025 Mon Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 4, 2025 Tue Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 5, 2025 Wed Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 6, 2025 Thu Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 7, 2025 Fri Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 8, 2025 Sat Regular Season (Cornell Invite) @ TBD 1:00 School Pool Gym Cornell L Feb 10, 2025 Mon Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) N/A 3:15 source 5:00 School Pool Gym Feb 12, 2025 Wed	Jan 30, 2025	Thu		N/A			School Pool		
Feb 3, 2025 Mon Practice (Practice Indoor Track and Field) Feb 4, 2025 Tue Practice (Practice Indoor Track and Field) Feb 5, 2025 Wed Practice (Practice Indoor Track and Field) Feb 6, 2025 Thu Practice (Practice Indoor Track and Field) Feb 7, 2025 Fri Practice (Practice Indoor Invite) Feb 8, 2025 Sat Regular Season (Cornell Invite) Feb 10, 2025 Tue Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Thu Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 14, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 15, 2025 Sat Regular Season (Cornell Regular Season (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 15, 2025 Sat Regular Season (Practice Indoor Track and Field) Feb 15, 2025 Sat Regular Season (Practice Indoor Track and Field) Feb 16, 2025 Sat Regular Season (Practice Indoor Track and Field) Feb 17, 2025 Sat Regular Season (Practice Indoor Track and Field) Feb 18, 2025 Sat Regular Season (Portland Regular Season (Portlan	Jan 31, 2025	Fri		N/A			School Pool		
Feb 4, 2025 Tue Practice (Practice Indoor Track and Field) Feb 5, 2025 Wed Practice (Practice Indoor Track and Field) Feb 6, 2025 Thu Practice (Practice Indoor Track and Field) Feb 7, 2025 Fri Practice (Practice Indoor Track and Field) Feb 8, 2025 Sat Regular Season (Cornell Invite) Feb 10, 2025 Mon Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) Feb 13, 2025 Sat Regular Season (TBD Class Meet) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 14, 2025 Sat Regular Season (TBD Class TBD TBD TBD TBD TBD L Feb 15, 2025 Tue Practice (Practice Indoor Track and Field) Feb 17, 2025 Tue Practice (Practice Indoor Track and Field) Feb 18, 2025 Tue Practice (Practice Indoor Track and Field) Feb 19, 2025 Tue Practice (Practice Indoor Track and Field) Feb 10, 2025 Tue Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Thu Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 15, 2025 Sat Regular Season (Cortland Table Determined) Feb 16, 2025 Sat Regular Season (Cortland Table Determined) Feb 16, 2025 Sat Regular Season (Cortland Table Determined) Feb 17, 2025 Sat Regular Season (Cortland Table Determined) Feb 18, 2025 Sat Regular Season (Cortland Table Determined)	Feb 3, 2025	Mon		N/A			School Pool		
Feb 5, 2025 Wed Track and Field) Feb 6, 2025 Thu Practice (Practice Indoor Track and Field) Feb 6, 2025 Thu Practice (Practice Indoor Track and Field) Feb 7, 2025 Fri Practice (Practice Indoor Track and Field) Feb 8, 2025 Sat Regular Season (Cornell Met) Feb 8, 2025 Sat Regular Season (TBD Class Meet) Feb 10, 2025 Mon Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 15, 2025 Thu Practice (Practice Indoor Track and Field) Feb 16, 2025 Thu Practice (Practice Indoor Track and Field) Feb 17, 2025 Thu Practice (Practice Indoor Track and Field) Feb 18, 2025 Thu Practice (Practice Indoor Track and Field) Feb 19, 2025 Thu Practice (Practice Indoor Track and Field) Feb 10, 2025 Thu Practice (Practice Indoor Track and Field) Feb 11, 2025 Thu Practice (Practice Indoor Track and Field) Feb 12, 2025 Thu Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 15, 2025 Sat Regular Season (Cortland © TBD 8:30 Cortland	Feb 4, 2025	Tue		N/A			School Pool		
Feb 6, 2025 Thu Track and Field) N/A 3:15 5:00 PM School Pool Gym Feb 7, 2025 Fri Practice (Practice Indoor Track and Field) N/A 3:15 5:00 PM School Pool Gym Feb 8, 2025 Sat Regular Season (Cornell Invite) Feb 8, 2025 Sat Regular Season (TBD Class Meet) TBD TBD TBD TBD L Feb 10, 2025 Mon Practice (Practice Indoor Track and Field) N/A 3:15 5:00 PM School Pool Gym Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) N/A 3:15 5:00 PM School Pool Gym Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) N/A 3:15 5:00 PM School Pool Gym PM School Pool Gym Feb 12, 2025 Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) N/A 3:15 5:00 PM PM School Pool Gym	Feb 5, 2025	Wed		N/A			School Pool		
Feb 7, 2025 Fri Practice (Practice Indoor Track and Field) Feb 8, 2025 Sat Regular Season (Cornell Invite) Feb 8, 2025 Sat Regular Season (TBD Class Meet) Feb 10, 2025 Mon Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Track and Field) Feb 15, 2025 Sat Regular Season (Cornell Moor Track and Field) Feb 16, 2025 Fri Track and Field N/A Feb 17, 2025 Fri Track and Field To Be Determined) Feb 18, 2025 Sat Regular Season (Corlland Regular Seaso	Feb 6, 2025	Thu		N/A			School Pool		
Feb 8, 2025 Sat Regular Season (TBD Class Meet) Feb 10, 2025 Mon Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) PM PM PM School Pool Gym Vestal High School Pool Gym Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined) Practice (Practice Indoor Track and Field To Be Determined)	Feb 7, 2025	Fri		N/A			School Pool		
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Feb 10, 2025 Mon Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) Feb 15, 2025 Sat Regular Season (Cortland Region Region Regular Season (Cortland Region Regular Season (Co	Feb 8, 2025	Sat		TBD	TBD		TBD		L
Feb 11, 2025 Tue Practice (Practice Indoor Track and Field) N/A PM PM School Pool Gym Vestal High School Pool Gym Feb 12, 2025 Thu Practice (Practice Indoor Track and Field) N/A PM PM School Pool Gym Vestal High School Pool Gym PM PM PM PM PM School Pool Gym Vestal High School Pool Gym Vestal High School Pool Gym PM Feb 14, 2025 Fri Practice (Practice Indoor Track and Field) PM PM PM School Pool Gym Vestal High School Pool Gym Practice (Practice Indoor Track and Field To Be Determined) PR PR School Pool Gym Vestal High School Pool Gym Vestal High School Pool Gym Vestal High School Pool Gym	Feb 10, 2025	Mon		N/A			School Pool		
Feb 12, 2025 Wed Practice (Practice Indoor Track and Field) N/A PM School Pool Gym Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) N/A Practice (Practice Indoor Pool Gym N/A 3:15 5:00 PM School Pool School Pool School Pool Gym Vestal High School Pool Gym Practice (Practice Indoor Pool Gym Practice (Practice Indoor Pool School Pool Gym Practice (Practice Indoor Pool Gym PM School Pool Gym Vestal High School Pool Gym PM School Pool Gym Vestal High School Pool Gym PM School Pool Gym Vestal High School Pool Gym Cortland	Feb 11, 2025	Tue		N/A			School Pool		
Feb 13, 2025 Thu Practice (Practice Indoor Track and Field) Practice (Practice Indoor PM PM PM School Pool Gym Practice (Practice Indoor Feb 14, 2025 Fri Track and Field To Be Determined) Practice (Practice Indoor Feb 14, 2025 Pool Pool Gym Vestal High School Pool Gym Feb 15, 2025 Sat Regular Season (Cortland Regu	Feb 12, 2025	Wed		N/A			School Pool		
Feb 14, 2025 Fri Track and Field To Be N/A TBD School Pool Gym Feb 15, 2025 Sat Regular Season (Cortland Regular Season	Feb 13, 2025	Thu		N/A			School Pool		
	Feb 14, 2025	Fri	Track and Field To Be	N/A	TBD		School Pool		
	Feb 15, 2025	Sat		@ TBD			Cortland		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 18, 2025	Tue	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 19, 2025	Wed	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 20, 2025	Thu	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 21, 2025	Fri	Practice (Practice Indoor Track and Field)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 22, 2025	Sat	Regular Season (TBD State Qualifier)	@ TBD	TBD		TBD		L
Feb 24, 2025	Mon	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 25, 2025	Tue	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 26, 2025	Wed	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 27, 2025	Thu	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Feb 28, 2025	Fri	Practice (Practice Indoor Track and Field State Qualified Individuals)	N/A	3:15 PM	5:00 PM	Vestal High School Pool Gym		
Mar 8, 2025	Sat	Regular Season (NYSPHSAA CHAMPIONSHIP)	@ TBD	TBD		Ocean Breeze		L

Date: 2025-12-15