



# Vestal

## (G) V Swimming/Diving

### Coaches:

- Joe Shore, Head Coach
- Sara Rostedt

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 5, 2024	Mon	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 6, 2024	Tue	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 8, 2024	Thu	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 9, 2024	Fri	Practice	N/A	3:45 PM	5:00 PM	Vestal High School Pool		
Aug 12, 2024	Mon	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 13, 2024	Tue	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 15, 2024	Thu	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 16, 2024	Fri	Practice	N/A	8:45 AM	10:00 AM	Vestal High School Pool		
Aug 16, 2024	Fri	Practice	N/A	1:00 PM	2:30 PM	Vestal High School Pool		
Aug 19, 2024	Mon	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Aug 20, 2024	Tue	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Aug 21, 2024	Wed	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Aug 22, 2024	Thu	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Aug 23, 2024	Fri	Practice	N/A	8:45 AM	10:30 AM	Vestal High School Pool		
Aug 26, 2024	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 26, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 27, 2024	Tue	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 27, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 28, 2024	Wed	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 28, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 29, 2024	Thu	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 29, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 30, 2024	Fri	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Aug 30, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Vestal High School Pool		
Aug 31, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 2, 2024	Mon	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 3, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 4, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 5, 2024	Thu	Regular Season	@ Union-Endicott	5:30 PM	8:00 PM	UEHS Pool		L
Sep 6, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 7, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 9, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 10, 2024	Tue	Regular Season	Maine-Endwell	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 11, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 12, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 13, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 16, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 17, 2024	Tue	Regular Season	@ Elmira	5:30 PM	8:00 PM	EDA Pool		L
Sep 18, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 19, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 20, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 21, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 23, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 24, 2024	Tue	Regular Season	Johnson City	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 25, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 26, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Sep 27, 2024	Fri	Regular Season	Corning-Painted Post	5:30 PM	8:00 PM	Vestal High School Pool		L
Sep 28, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Sep 30, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 2, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 3, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 4, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 7, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 8, 2024	Tue	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 9, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 11, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 12, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 14, 2024	Mon	Practice	N/A	8:15 AM	10:30 AM	Vestal High School Pool		
Oct 15, 2024	Tue	Regular Season	Ithaca	5:30 PM	8:00 PM	Vestal High School Pool		L
Oct 16, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 17, 2024	Thu	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 18, 2024	Fri	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 19, 2024	Sat	Practice	N/A	8:45 AM	11:00 AM	Vestal High School Pool		
Oct 21, 2024	Mon	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 22, 2024	Tue	Regular Season	@ Horseheads	5:30 PM	8:00 PM	HHS HS Pool		L
Oct 23, 2024	Wed	Practice	N/A	2:45 PM	5:30 PM	Vestal High School Pool		
Oct 24, 2024	Thu	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 25, 2024	Fri	Practice	N/A	2:45 PM	5:15 PM	Vestal High School Pool		
Oct 26, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Vestal High School Pool		
Oct 28, 2024	Mon	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Oct 29, 2024	Tue	Regular Season	@ Binghamton	5:30 PM	8:00 PM	East Middle School Pool		L
Oct 30, 2024	Wed	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Oct 31, 2024	Thu	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 1, 2024	Fri	Practice	N/A	2:45 PM	5:00 PM	Vestal High School Pool		
Nov 2, 2024	Sat	Practice	N/A	9:15 AM	11:00 AM	Vestal High School Pool		
Nov 4, 2024	Mon	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Nov 5, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Nov 7, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		
Nov 8, 2024	Fri	Practice	N/A	2:45 PM	4:30 PM	Vestal High School Pool		

Date: 2024-08-16