



Trumansburg (B) V Winter Track

Coaches:

- Julian Munoz, Head Coach
- Tim Hamilton

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Weight Room		
Nov 19, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Weight Room		
Nov 20, 2024	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room		
Nov 21, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Weight Room		
Nov 22, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Weight Room		
Nov 25, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	HS Gym		
Nov 26, 2024	Tue	Practice	N/A	9:00 AM	10:30 AM	HS Gym		
Nov 27, 2024	Wed	Practice	N/A	9:00 AM	10:30 AM	HS Gym		
Dec 2, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 3, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 4, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 5, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 5, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 6, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 6, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 8, 2024	Sun	Regular Season (Bomber Invite)	TBD	9:30 AM		Ithaca College		NL
Dec 9, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 10, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 11, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 12, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 13, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 14, 2024	Sat	Regular Season (Meet)	TBD	TBD		SUNY Cortland		L
Dec 16, 2024	Mon	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 17, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 18, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 19, 2024	Thu	Practice	N/A	3:30 PM	5:00 PM	Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 20, 2024	Fri	Practice	N/A	3:30 PM	5:00 PM	Weight Room		
Dec 21, 2024	Sat	Regular Season (Meet)	TBD	TBD		SUNY Cortland		L
Dec 27, 2024	Fri	Practice	N/A	9:00 AM	10:30 AM	TBD		
Dec 28, 2024	Sat	Practice	N/A	9:00 AM	10:30 AM	TBD		
Dec 30, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	TBD		
Jan 3, 2025	Fri	Regular Season (Hurley Invite)	TBD	4:00 PM		Ithaca College	Departure Date: Jan 3, 2025 Departure Time: 3:00 PM	L
Jan 17, 2025	Fri	Regular Season (Quinney Invite)	TBD	5:00 PM		Ithaca College		L
Feb 8, 2025	Sat	Post-Season (Section IV Class Meet)	TBD	1:00 PM		Cornell University		L
Feb 17, 2025	Mon	Practice	N/A	9:30 AM	10:00 AM	HS Gym		
Feb 18, 2025	Tue	Practice	N/A	9:30 AM	10:00 AM	HS Gym		
Feb 20, 2025	Thu	Practice	N/A	9:00 AM	11:30 AM	HS Gym		
Feb 23, 2025	Sun	Post-Season (Section IV Championships)	TBD	2:00 PM		TBD	Departure Date: Feb 23, 2025 Departure Time: 12:45 PM	L

Date: 2025-12-06