

Canastota

(B) V Outdoor Track

Coaches:

- John Copp, Head Coach
- Tabitha Gaglianese-White, Head Coach
- Bonnie Barlow

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--------------------|------------|----------|-------------------|-----------------------------------|---------------------|
| Mar 11, 2024 | Mon | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 12, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 13, 2024 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 14, 2024 | Thu | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 15, 2024 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Hallways | | |
| Mar 18, 2024 | Mon | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 19, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 20, 2024 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 21, 2024 | Thu | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 22, 2024 | Fri | Practice | N/A | 2:30 PM | 4:30 PM | Hallways | | |
| Mar 25, 2024 | Mon | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 26, 2024 | Tue | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 27, 2024 | Wed | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Mar 28, 2024 | Thu | Practice | N/A | 3:15 PM | 5:00 PM | Hallways | | |
| Apr 9, 2024 | Tue | Regular Season | Frankfort-Schuyler | 4:30 PM | | High School Track | | NL |
| Apr 12, 2024 | Fri | Meet (Tully Coed Invite) | Vs. Multiple | 4:00 PM | 9:00 PM | Tully HS | | NL |
| Apr 12, 2024 | Fri | Regular Season (Tully Knight Light Invite) | @ TBD | TBD | | TBD | Departure Time: 2:30 PM | NL |
| Apr 16, 2024 | Tue | Regular Season | Adirondack | 4:00 PM | | High School Track | | L |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|---------------------------------------|--------------------------------|---------------------|
| Apr 19, 2024 | Fri | Regular Season (*Onondaga Central Track Invitational*) | Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of Technology, Syracuse, Mexico, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Faith Heritage, Cortland, Phoenix, Bishop Ludden, Cato-Meridian (Blue Devils), Jamesville-Dewitt, DeRuyter, Remsen, Vernon-Verona-Sherrill @ Onondaga Central (OCS/Laf) | 4:00 PM | | Stadium | Departure Time: 2:30 PM | L |
| Apr 26, 2024 | Fri | Regular Season (Cahill Invitational at Sauquoit Valley) | @ TBD | TBD | | TBD | Departure Time: 1:30 PM | NL |
| May 1, 2024 | Wed | Regular Season | Little Falls | 4:30 PM | | High School Track | | L |
| May 3, 2024 | Fri | Regular Season (ESM Specialty Invitational) | @ TBD | TBD | | TBD | Departure Time: 2:45 PM | NL |
| May 6, 2024 | Mon | Regular Season | @ Clinton | 4:00 PM | | Stadium Field (Grass / Track & Field) | Departure Time: 2:30 PM | L |
| May 8, 2024 | Wed | Regular Season (Senior Night) 81-60 W | @ Sherburne-Earlville | 4:30 PM | | Stadium | Departure Time: 3:00 PM | L |
| May 10, 2024 | Fri | Regular Season (Oneida Invite at Oneida High School) | @ Oneida | 4:00 PM | | HS Track | Departure Time: 2:30 PM | NL |
| May 15, 2024 | Wed | Post-Season (Division I and II League Championship) | West Canada Valley, Sherburne-Earlville, Clinton, Utica Academy of Science, Frankfort-Schuyler, Herkimer, Dolgeville, Little Falls @ Adirondack | 4:00 PM | | Track | Departure Time: 2:00 PM | L |
| May 18, 2024 | Sat | Regular Season (31st Annual Junkyard Relays) | Mount Markham, Solvay, Holland Patent, Waterville @ Clinton | 10:00 AM | | Stadium Field (Grass / Track & Field) | Departure Time: 8:00 AM | NL |
| May 22, 2024 | Wed | Post-Season (Section III Championships at Adirondack) | @ Adirondack | 4:00 PM | | Track | Departure Time: 2:00 PM | NL |
| May 30, 2024 | Thu | Post-Season (State Qualifiers at CNS) | @ Cicero-North Syracuse | 4:00 PM | 9:00 PM | CNS HS-Bragman Stadium | Departure Time: 3:00 PM | NL |

Date: 2026-02-23