

Canastota
(B) V Outdoor Track

- Coaches:
- John Copp, Head Coach
 - Lindsay Bazan, Assistant Coach

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	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	Departure Time: 2:30 PM	L
May 8, 2024	Wed	Regular Season (Senior Night)	@ 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	TBD		Track	Departure Time: 3:00 PM	L
May 18, 2024	Sat	Regular Season (Junkyard Relays at Clinton High School)	@ Clinton	10:00 AM		Stadium 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: 2:30 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: 2024-05-08