

Canastota

(B) V Outdoor Track

- Coaches:**
- John Copp, Head Coach
 - Lindsay Bazan, Assistant Coach
 - Tabitha Gaglianese-White, Head Coach
 - Bonnie Barlow

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 18, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 19, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 20, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 21, 2025	Fri	Practice	N/A	2:45 PM	4:45 PM	High School Gym, Laidlaw Gym		
Mar 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 25, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 26, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 27, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Mar 28, 2025	Fri	Practice	N/A	2:45 PM	4:45 PM	High School Gym, Laidlaw Gym		
Mar 31, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Apr 1, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Apr 2, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Apr 3, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	High School Gym, Laidlaw Gym		
Apr 3, 2025	Thu	Scrimmage	Vernon-Verona-Sherrill, Sauquoit Valley	4:00 PM		High School Track		NL
Apr 4, 2025	Fri	Practice	N/A	2:45 PM	4:45 PM	High School Gym, Laidlaw Gym		
Apr 8, 2025	Tue	Practice	N/A	3:00 PM	4:00 PM	Laidlaw Gym		
Apr 9, 2025	Wed	Practice	N/A	3:00 PM	4:00 PM	Laidlaw Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 12, 2025	Sat	Regular Season (Holland Patent Invitational)	Mount Markham, Frankfort-Schuyler, Indian River, Sandy Creek, Remsen, Utica Proctor, Oneida, Beaver River, Clinton, Notre Dame, Utica @ Holland Patent	10:00 AM		HS Stadium / Track	Departure Time: 8:00 AM	L
Apr 15, 2025	Tue	Regular Season	Clinton	4:30 PM		High School Track		L
Apr 17, 2025	Thu	Regular Season (Utica Proctor Invitational)	@ TBD	3:45 PM		TBD	Departure Time: 1:45 PM	NL
Apr 22, 2025	Tue	Regular Season	Vernon-Verona-Sherrill, West Canada Valley, Frankfort-Schuyler, Sauquoit Valley @ Clinton	10:00 AM		Stadium Field (Grass / Track & Field)		NL
Apr 26, 2025	Sat	Meet (Chittenango Invitational)	Vs. Multiple	11:00 AM	4:00 PM	Chittenango HS-Stadium, Chittenango HS-Multi Turf	Departure Time: 9:30 AM	NL
Apr 30, 2025	Wed	Regular Season	Utica Academy of Science	4:30 PM		High School Track		NL
May 2, 2025	Fri	Regular Season (2025 Ed Wadas Co-Ed Invitational)	Carthage, Clinton, Fulton, Herkimer, Holland Patent, Indian River, Marcellus, New Hartford, Niskayuna High School, Utica Proctor, Remsen, Rome Free Academy, South Jefferson, South Lewis, Vernon-Verona-Sherrill, Watertown, Waterville, West Canada Valley @ Whitesboro	3:45 PM		Ed Wadas Complex High School	Departure Time: 2:15 PM	NL
May 6, 2025	Tue	Practice	N/A	3:15 PM	4:15 PM	High School Gym		
May 7, 2025	Wed	Regular Season	@ Adirondack	4:30 PM		Track	Departure Time: 2:15 PM	L
May 10, 2025	Sat	Regular Season (Junkyard Relays at Clinton High School)	@ TBD	10:00 AM		TBD	Departure Time: 8:20 AM	NL
May 13, 2025	Tue	Regular Season 100-38 W	Sherburne-Earlville	4:00 PM		High School Track	Departure Time: 2:00 PM	L
May 16, 2025	Fri	Regular Season	@ Little Falls	4:30 PM		HS Main Field	Departure Time: 2:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 21, 2025	Wed	Regular Season (Center State Conference Championship)	Adirondack, Clinton, Sherburne-Earlville, Little Falls, Frankfort-Schuyler, West Canada Valley, Utica Academy of Science, Herkimer @ Dolgeville	3:30 PM		Track - Dolgeville HS Stadium	Departure Time: 1:00 PM	L
May 22, 2025	Thu	Practice	N/A	3:00 PM	4:00 PM	High School Gym		
May 23, 2025	Fri	Regular Season (CNS Invitational)	Adirondack, Auburn, Baldwinsville, Bishop Grimes, Carthage, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Chenango Valley, Chittenango, Corcoran, Fabius-Pompey, Faith Heritage, Hannibal, Holland Patent, Indian River, Irondequoit, Institute of Technology, Syracuse, Jamesville-Dewitt, Mexico, Morrisville-Eaton, New Hartford, Nottingham, Ogdensburg, OnTech High School, Oneida, Onondaga Central (OCS/Laf), Phoenix, Utica Proctor, Pulaski, Saranac Lake, Solvay, South Jefferson, South Lewis, Tully, West Canada Valley, West Genesee, Westhill, Whitesboro @ Cicero-North Syracuse	4:30 PM	8:45 PM	CNS HS-Bragman Stadium	Departure Time: 2:45 PM	L
May 28, 2025	Wed	Post-Season (Section III Championships at Sherburne-Earlville High School)	@ TBD	4:30 PM		TBD	Departure Time: 2:20 PM	NL
Jun 3, 2025	Tue	Post-Season (Boys State Qualifiers at CNS High School)	@ TBD	4:00 PM		TBD	Departure Time: 2:15 PM	NL
Jun 13, 2025	Fri	Post-Season (NYS Championships at Middletown High School)	@ TBD	TBD		TBD		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jun 14, 2025	Sat	Post-Season (NYS Championships at Middletown High School)	@ TBD	TBD		TBD		NL

Date: 2025-12-19