

# Canastota

## (G) V Winter Track

### Coaches:

- John Copp, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 15, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 16, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 17, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 18, 2022	Fri	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 22, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 2, 2022	Fri	Regular Season (Mohawk Valley Kickoff Meet)	@ TBD	4:30 PM	10:00 PM	Utica College	Departure Time: 3:00 PM	NL
Dec 5, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 9, 2022	Fri	Regular Season (Oscar B. Jensen Memorial Relays)	@ TBD	4:30 PM	10:00 PM	Utica College	Departure Time: 3:00 PM	NL
Dec 12, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 13, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 14, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
CANCELLED Dec 15, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 19, 2022	Mon	Regular Season (Mohawk Valley Meet #3)	@ TBD	4:30 PM	10:00 PM	Utica College	<b>Departure Time:</b> 3:00 PM	L
Dec 20, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 21, 2022	Wed	Regular Season (John Dimao Memorial Invitational)	@ TBD	5:00 PM		Colgate University	<b>Departure Time:</b> 3:30 PM	NL
Dec 22, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 3, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 4, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 5, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 6, 2023	Fri	Regular Season (Mohawk Valley Meet #4)	@ TBD	4:30 PM	10:00 PM	Utica College	<b>Departure Time:</b> 3:00 PM	NL
Jan 9, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 10, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 11, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 12, 2023	Thu	Regular Season (Art McKinnon Meet #5)	@ TBD	4:30 PM	10:00 PM	Utica College	<b>Departure Time:</b> 3:00 PM	NL
Jan 13, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 17, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 18, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 21, 2023	Sat	Regular Season (Mohawk Valley Meet #6)	@ TBD	10:00 AM	2:00 PM	Utica College	<b>Departure Time:</b> 8:30 AM	NL
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 24, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
POSTPONED Jan 25, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 26, 2023	Thu	Regular Season (CSC Championships)	@ TBD	4:30 PM	10:00 PM	Utica College	<b>Departure Time:</b> 3:00 PM	NL
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 30, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 31, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Feb 1, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Feb 2, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Feb 7, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Feb 8, 2023	Wed	Post-Season (Sectional Championships)	@ TBD	4:30 PM	10:00 PM	Onondaga Community College	<b>Departure Time:</b> 3:00 PM	NL
Feb 15, 2023	Wed	Post-Season (State Qualifiers at SRC Arena)	@ TBD	4:30 PM		Onondaga Community College		NL

Date: 2025-12-14