

Canastota

(B) V Winter Track

Coaches:

- Tabitha Gaglianese-White
- Jennifer Nolan

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 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 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		
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 20, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
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 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		

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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 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		
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		
Mar 13, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Hallways		
CANCELLED Mar 14, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 15, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 16, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 17, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Hallways		
Mar 20, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 21, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 22, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 23, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 24, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Hallways		
Mar 27, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 28, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 29, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 30, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Mar 31, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Hallways		

Date: 2024-05-17

