

Canastota

(B) V Winter Track

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 15, 2021	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 16, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 17, 2021	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 18, 2021	Thu	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 19, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Hallways, Fitness Center		
Nov 22, 2021	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 23, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 29, 2021	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Nov 30, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 1, 2021	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 2, 2021	Thu	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 3, 2021	Fri	Regular Season (Indoor Track Meet)	@ TBD	4:30 PM		Utica College	Departure Time: 3:00 PM	L
Dec 6, 2021	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 7, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 8, 2021	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 9, 2021	Thu	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Dec 10, 2021	Fri	Regular Season (Indoor Track Meet)	@ TBD	4:00 PM		Utica College	Departure Time: 3:00 PM	NL
Dec 13, 2021	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 14, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 15, 2021	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 16, 2021	Thu	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 17, 2021	Fri	Regular Season (Indoor Track Meet)	@ TBD	4:30 PM		Utica College	Departure Time: 3:00 PM	L
Dec 20, 2021	Mon	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 21, 2021	Tue	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Dec 22, 2021	Wed	Practice	N/A	3:00 PM	4:30 PM	Fitness Center, Hallways		
Jan 3, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 4, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 6, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 7, 2022	Fri	Regular Season (Indoor Track Meet)	@ TBD	4:30 PM		Utica College	Departure Time: 3:00 PM	L
Jan 10, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 11, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 12, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 13, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Hallways, Fitness Center		
Jan 14, 2022	Fri	Regular Season	@ TBD	4:30 PM		Utica College	Departure Time: 3:00 PM	L
Jan 20, 2022	Thu	Regular Season (Indoor Track Meet)	@ TBD	4:30 PM		Utica College	Departure Time: 3:00 PM	L
Jan 24, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Jan 25, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Jan 26, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Jan 27, 2022	Thu	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Jan 28, 2022	Fri	Regular Season (Indoor League Meet)	@ TBD	TBD		Utica College	Departure Time: 2:30 PM	L
Jan 31, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Feb 1, 2022	Tue	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Feb 2, 2022	Wed	Practice	N/A	3:00 PM	4:30 PM	Hallways		
Feb 5, 2022	Sat	Post-Season (Indoor Sectional Championships)	@ TBD	10:00 AM		Onondaga Community College	Departure Time: 8:45 AM	NL
Feb 16, 2022	Wed	Post-Season (Indoor NYS Qualifiers)	@ TBD	4:00 PM		Onondaga Community College	Departure Time: 2:30 PM	NL

Date: 2025-12-08