Canastota

(B) V Winter Track

Coaches:

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

Nov 18, 2024 Mon Practice N/A 3.15 5.00 High School Gym Hallways High School Gym Hallw	DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 20, 2024 Tue Practice N/A S. S. S. Migh School Gym. Hallways	Nov 18, 2024	Mon	Practice	N/A			Gym,		
Nov 20, 2024 Wed Practice N/A PM PM PM Hallways	Nov 19, 2024	Tue	Practice	N/A			Gym,		
Nov 21, 2024	Nov 20, 2024	Wed	Practice	N/A			Gym,		
Nov 22, 2024	Nov 21, 2024	Thu	Practice	N/A			Gym,		
Nov 25, 2024 Mon Practice N/A S15 S100 PM Hallways Hallways Hallways Hallways	Nov 22, 2024	Fri	Practice	N/A			Gym,		
Nov 30, 2024 Sat	Nov 25, 2024	Mon	Practice	N/A			Gym,		
Dec 4, 2024 Wed Practice N/A PM PM Gym Fight School PM PM PM High School Gym Hallways PM PM High School Gym Hallways PM PM PM PM High School Gym Hallways PM Hallways PM Hallways PM Hallways PM Hallways PM PM PM PM PM PM PM P	Nov 30, 2024	Sat	Practice	N/A			Gym,		
Dec 4, 2024 Wed Practice N/A S.13 S.00 PM Gym. Hallways Gym. Hallways Dec 6, 2024 Fri Practice N/A 2:45 PM 4:45 PM High School Gym. Hallways Dec 11, 2024 Wed Regular Season (MVCC Supplemental Meet at Mohawk Valley Community College) @ TBD 4:30 PM TBD Departure Time: 3:30 PM NL Dec 14, 2024 Sat Regular Season (Mohawk Valley Kickoff Meet) @ TBD 3:00 PM SRC Arena Departure Time: 1:30 PM NL Dec 17, 2024 Tue Regular Season (Oscar B. Jensen Memorial Relays at Hamilton College) WIA 3:15 PM TBD Departure Time: 1:30 PM NL Dec 18, 2024 Wed Practice N/A 3:15 PM SRC Arena Departure Time: 1:30 PM NL Jan 3, 2025 Fri Regular Season (Mohawk Valley Meet #3 at OCC) @ TBD 2:00 PM Colgate University Departure Time: 1:30 PM NL Jan 6, 2025 Mon Practice N/A 3:15 PM 5:00 PM Hallways Jan 9, 2025 Thu Practice	Dec 3, 2024	Tue	Practice	N/A					
Dec 6, 2024 Fri Practice N/A 2.43 by Med PM Gym, Hallways Dec 11, 2024 Wed Regular Season (MVCC Supplemental Meet at Mohawk Valley Community College) @ TBD 4:30 by Mem PM TBD Departure Time: 3:30 PM NL Dec 14, 2024 Sat Regular Season (Mohawk Valley Kickoff Meet) @ TBD 3:00 by M SRC Arena Departure Time: 1:30 PM NL Dec 17, 2024 Tue Regular Season (Oscar B. Jensen Memorial Relays at Hamilton College) @ TBD 4:30 by M TBD Departure Time: 3:00 PM NL Dec 18, 2024 Wed Practice N/A 3:15 bid PM PM Hallways Dec 21, 2024 Sat Regular Season (Mohawk Valley Meet #3 at OCC) @ TBD 3:00 pm SRC Arena Departure Time: 1:30 pm NL Jan 3, 2025 Fri Regular Season (John DiMao Memorial) @ TBD PM Colgate University Departure Time: 1:30 pm NL Jan 6, 2025 Mon Practice N/A 3:15 bid Fine Practice PM Hallways Jan 9, 2025 Thu Practice <td>Dec 4, 2024</td> <td>Wed</td> <td>Practice</td> <td>N/A</td> <td></td> <td></td> <td>Gym,</td> <td></td> <td></td>	Dec 4, 2024	Wed	Practice	N/A			Gym,		
Dec 11, 2024 Wed Mohawk Valley Community College) @ TBD 4:30 PM TBD Departure Time: 3:30 PM NL Dec 14, 2024 Sat Regular Season (Mohawk Valley Kickoff Meet) @ TBD 3:00 PM SRC Arena Departure Time: 1:30 PM NL Dec 17, 2024 Tue Regular Season (Oscar B. Jensen Memorial Relays at Hamilton College) @ TBD 4:30 PM TBD Departure Time: 3:00 PM NL Dec 18, 2024 Wed Practice N/A 3:15 5:00 PM Hallways PM NL Dec 21, 2024 Sat Regular Season (Mohawk Valley Meet #3 at OCC) @ TBD 3:00 PM SRC Arena PM Departure Time: 1:30 PM NL Jan 3, 2025 Fri Regular Season (John DiMao PM PM PM Colgate University Departure Time: 12:30 PM NL Jan 6, 2025 Mon Practice N/A 3:15 5:00 PM Hallways PM Hallways Jan 9, 2025 Tue Practice N/A 3:15 PM 5:00 PM Hallways PM Hallways	Dec 6, 2024	Fri	Practice	N/A			Gym,		
Dec 14, 2024 Sat Valley Kickoff Meet) PM SRC Arena 1:30 PM NL	Dec 11, 2024	Wed	Supplemental Meet at Mohawk Valley Community	@ TBD			TBD		NL
Dec 17, 2024 Tue Jensen Memorial Relays at Hamilton College) @ TBD 4:30 PM TBD Departure Time: 3:00 PM NL Dec 18, 2024 Wed Practice N/A 3:15 PM 5:00 PM Hallways PM Departure Time: 1:30 PM NL Dec 21, 2024 Sat Regular Season (Mohawk Valley Meet #3 at OCC) @ TBD 2:00 PM Colgate University Departure Time: 1:30 PM NL Jan 3, 2025 Fri Regular Season (John DiMao Memorial) @ TBD 2:00 PM Colgate University Departure Time: 1:30 PM NL Jan 6, 2025 Mon Practice N/A 3:15 5:00 PM Hallways PM NL Jan 8, 2025 Wed Practice N/A 3:15 5:00 PM Hallways Hallways Jan 9, 2025 Thu Practice N/A 3:15 5:15 High School PM High School Gym Jan 10, 2025 Fri Practice N/A 2:45 4:30 Hallways Hallways	Dec 14, 2024	Sat	` `	@ TBD			SRC Arena		NL
Dec 21, 2024 Sat Regular Season (Mohawk Valley Meet #3 at OCC) @ TBD 3:00 PM SRC Arena 1:30 PM NL Jan 3, 2025 Fri Regular Season (John DiMao Memorial) @ TBD 2:00 PM	Dec 17, 2024	Tue	Jensen Memorial Relays at	@ TBD			TBD		NL
Jan 3, 2025 Fri Regular Season (John DiMao Memorial) @ TBD PM SRC Arena 1:30 PM INL Jan 3, 2025 Fri Regular Season (John DiMao Memorial) @ TBD 2:00 PM Colgate University Departure Time: 12:30 PM NL Jan 6, 2025 Mon Practice N/A 3:15 5:00 PM Hallways PM High School Gym, Hallways Jan 7, 2025 Tue Practice N/A 3:15 5:00 PM Hallways Hallways Jan 9, 2025 Thu Practice N/A 3:15 5:15 High School Gym High School Gym Jan 10, 2025 Fri Practice N/A 2:45 4:30 Hallways	Dec 18, 2024	Wed	Practice	N/A			Hallways		
Jan 6, 2025 Mon Practice N/A 3:15 b:00 PM From PM PM University 12:30 PM NL Jan 7, 2025 Mon Practice N/A 3:15 b:00 PM Hallways High School Gym, Hallways Jan 8, 2025 Wed Practice N/A 3:15 b:00 PM Hallways Jan 9, 2025 Thu Practice N/A 3:15 b:15 PM High School Gym Jan 10, 2025 Fright Practice N/A 2:45 d:30 PM Hallways	Dec 21, 2024	Sat		@ TBD			SRC Arena		NL
Jan 6, 2025 Mon Practice N/A PM PM Hallways Jan 7, 2025 Tue Practice N/A 3:15	Jan 3, 2025	Fri		@ TBD					NL
Jan 7, 2025 Tue Practice N/A 3.15 PM 5.00 PM Gym, Hallways Jan 8, 2025 Wed Practice N/A 3:15 PM 5:00 PM Hallways Jan 9, 2025 Thu Practice N/A 3:15 PM 5:15 PM High School Gym Jan 10, 2025 Fright Practice N/A 2:45 PM 4:30 PM Hallways	Jan 6, 2025	Mon	Practice	N/A			Hallways		
Jan 9, 2025 Wed Practice N/A PM PM Hallways Jan 9, 2025 Thu Practice N/A 3:15 5:15 High School PM PM Gym Jan 10, 2025 Fri Practice N/A 2:45 4:30 Hallways	Jan 7, 2025	Tue	Practice	N/A			Gym,		
Jan 10, 2025 Fri Practice N/A PM PM Gym Lan 10, 2025 Fri Practice N/A 2:45 4:30 Hallways	Jan 8, 2025	Wed	Practice	N/A			Hallways		
	Jan 9, 2025	Thu	Practice	N/A					
	Jan 10, 2025	Fri	Practice	N/A			Hallways		

DATE	WEEK	TYPE	OPPONENTS	START		LOCATION	TRANSPORTATION	LEAGUE / NON-
	DAY			TIME	TIME			LEAGUE
Jan 11, 2025	Sat	Regular Season (Utica College Meet)	@ TBD	12:00 PM		Utica College	Departure Time: 10:30 AM	NL
Jan 13, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Jan 14, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Jan 15, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Hallways		
CANCELLED Jan 16, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Jan 17, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	High School Gym, Hallways		
Jan 18, 2025	Sat	Regular Season (Aret McKinnon Meet at SRC Arena)	@ TBD	3:00 PM		SRC Arena	Departure Time: 1:30 PM	L
Jan 21, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Jan 22, 2025	Wed	Practice	N/A	3:15 PM	3:45 PM	High School Gym, Hallways		
Jan 23, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Jan 24, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	Hallways		
Jan 25, 2025	Sat	Regular Season (CSC Championships at SRC Arena)	@ TBD	3:00 PM		SRC Arena	Departure Time: 1:15 PM	L
Jan 27, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Jan 28, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	High School Gym		
Feb 3, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	High School Gym		
Feb 4, 2025	Tue	Practice	N/A	3:15 PM	4:15 PM	High School Gym		
Feb 5, 2025	Wed	Practice	N/A	3:15 PM	5:00 PM	Hallways, High School Gym		
Feb 6, 2025	Thu	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Feb 7, 2025	Fri	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Feb 8, 2025	Sat	Regular Season (Section III Championships)	@ TBD	9:00 AM		SRC Arena	Departure Time: 7:15 AM	L
Feb 25, 2025	Tue	Regular Season (Section III State Qualifers at SRC Arena)	@ TBD	4:30 PM		SRC Arena	Departure Time: 3:00 PM	L
Mar 8, 2025	Sat	Regular Season (NYS Championships at Ocean Breeze)	@ TBD	9:00 AM		TBD		L

Date: 2025-12-19