

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 18, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Nov 19, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Nov 20, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Nov 21, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Nov 22, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Nov 25, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	High School Gym, Hallways		
Nov 30, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Laidlaw Gym, Hallways		
Dec 3, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	High School Gym		
Dec 4, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	High School 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)	@ 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		
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	2:00 PM		Colgate University	Departure Time: 12:30 PM	NL
Jan 6, 2025	Mon	Practice	N/A	3:15 PM	5:00 PM	Hallways		
Jan 7, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	High School 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	Fri	Practice	N/A	2:45 PM	4:30 PM	Hallways		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-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 Qualifiers 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