

Canastota
(B) V Wrestling

- Coaches:
- Stan Congden, Head Coach
 - Will Merithew, Assistant Coach
 - Jesse Bixby, Assistant Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 18, 2024	Mon	Practice	N/A	5:00 PM	7:15 PM	Playroom Gym		
Nov 19, 2024	Tue	Practice	N/A	5:00 PM	7:15 PM	Playroom Gym		
Nov 20, 2024	Wed	Practice	N/A	5:00 PM	7:15 PM	Playroom Gym		
Nov 21, 2024	Thu	Practice	N/A	4:45 PM	7:00 PM	Playroom Gym		
Nov 22, 2024	Fri	Practice	N/A	4:30 PM	6:45 PM	Playroom Gym		
Nov 23, 2024	Sat	Scrimmage (Weight Certifications at Fayetteville-Manlius High School)	TBD	11:40 AM		TBD	Departure Time: 10:50 AM	NL
Nov 25, 2024	Mon	Practice	N/A	5:00 PM	7:15 PM	Playroom Gym		
Nov 26, 2024	Tue	Practice	N/A	2:45 PM	4:00 PM	Playroom Gym		
Nov 27, 2024	Wed	Practice	N/A	9:00 AM	11:15 PM	Playroom Gym		
Nov 28, 2024	Thu	Practice (Optional)	N/A	9:00 AM	11:00 AM	Playroom Gym		
Nov 29, 2024	Fri	Practice	N/A	9:00 AM	11:15 AM	Playroom Gym		
Nov 30, 2024	Sat	Practice	N/A	8:00 AM	10:15 AM	Playroom Gym		
Dec 2, 2024	Mon	Practice	N/A	3:00 PM	4:45 PM	High School Gym, Fitness Center		
Dec 3, 2024	Tue	Practice	N/A	3:30 PM	5:45 PM	Playroom Gym		
Dec 4, 2024	Wed	Regular Season	@ Cazenovia	6:00 PM		Cazenovia HS Buckley Gym	Departure Time: 4:00 PM	NL
Dec 5, 2024	Thu	Practice	N/A	5:00 PM	7:15 PM	Laidlaw Gym		
Dec 6, 2024	Fri	Regular Season (61st Annual Clyde Cole Tournament at Oxford Academy)	@ TBD	5:00 PM		TBD	Departure Time: 1:45 PM	NL
Dec 7, 2024	Sat	Regular Season (61st Annual Clyde Cole Tournament at Oxford Academy)	@ TBD	9:30 AM		TBD	Departure Time: 6:15 AM	NL
Dec 9, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Dec 10, 2024	Tue	Practice	N/A	3:00 PM	5:15 PM	Playroom Gym		
Dec 11, 2024	Wed	Practice	N/A	3:00 PM	5:15 PM	Playroom Gym		
Dec 12, 2024	Thu	Regular Season	Norwich	6:00 PM		High School Gym		NL

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Dec 13, 2024	Fri	Practice	N/A	4:15 PM	6:30 PM	Playroom Gym		
Dec 14, 2024	Sat	Regular Season (23rd Annual Valley Duals at Central Valley Academy)	@ TBD	9:30 AM		TBD	Departure Time: 6:30 AM	L
Dec 16, 2024	Mon	Practice	N/A	5:00 PM	7:15 PM	Playroom Gym		
Dec 17, 2024	Tue	Practice	N/A	5:00 PM	7:15 PM	Playroom Gym		
Dec 18, 2024	Wed	Practice	N/A	3:15 PM	5:15 PM	Playroom Gym		
Dec 19, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Dec 20, 2024	Fri	Regular Season	@ Chittenango	6:00 PM	8:00 PM	Chittenango HS- Large Gym	Departure Time: 4:30 PM	NL
Dec 21, 2024	Sat	Practice	N/A	9:00 AM	11:00 AM	Playroom Gym		
Dec 23, 2024	Mon	Practice	N/A	11:30 AM	1:45 PM	Playroom Gym		
Dec 24, 2024	Tue	Practice	N/A	9:00 AM	11:00 AM	Playroom Gym		
Dec 26, 2024	Thu	Practice	N/A	9:00 AM	11:00 AM	Playroom Gym		
Dec 26, 2024	Thu	Practice	N/A	5:00 PM	6:45 PM	Playroom Gym		
Dec 27, 2024	Fri	Regular Season (67th Windsor Christmas Tournament at Windsor High School)	@ TBD	10:00 AM		TBD	Departure Time: 5:45 AM	L
Dec 28, 2024	Sat	Regular Season (67th Windsor Christmas Tournament at Windsor High School)	@ TBD	10:00 AM		TBD	Departure Time: 6:00 AM	L
Dec 30, 2024	Mon	Practice	N/A	12:00 PM	2:15 PM	Playroom Gym		
Dec 31, 2024	Tue	Practice	N/A	9:00 AM	11:00 AM	Playroom Gym		
Jan 1, 2025	Wed	Practice	N/A	9:00 AM	11:15 AM	Playroom Gym		
Jan 2, 2025	Thu	Practice	N/A	12:00 PM	3:30 PM	Playroom Gym		
Jan 3, 2025	Fri	Practice	N/A	4:30 PM	6:30 PM	High School Gym		
POSTPONED Jan 4, 2025	Sat	Regular Season (Fallen Heroes Duals)	East Syracuse Minoa, Baldwinsville, Liverpool, South Lewis, Ogdensburg, Fabius-Pompey (Southern Hills)	9:30 AM		High School Gym, Laidlaw Gym		NL
Jan 6, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 7, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 9, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		

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Jan 10, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 11, 2025	Sat	Regular Season (Phoenix Mid-Winter Classic at Phoenix High School)	@ TBD	9:30 AM		TBD	Departure Time: 6:30 AM	L
Jan 11, 2025	Sat	Regular Season (Mid Winter Classic)	Carthage, Central Square, Cicero-North Syracuse, Gouverneur, West Genesee, Fulton @ Phoenix	9:30 AM		JCB Gym		NL
Jan 13, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 14, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 15, 2025	Wed	Regular Season	Mount Markham	6:00 PM		High School Gym		L
Jan 16, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 16, 2025	Thu	Regular Season 17-58 L	@ Sherburne-Earlville	6:00 PM		Kevin Vibbard Court	Departure Time: 4:00 PM	L
Jan 17, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 18, 2025	Sat	Regular Season (VVS Tournament at VVS High School)	@ TBD	9:00 AM		TBD	Departure Time: 6:30 AM	NL
Jan 21, 2025	Tue	Practice	N/A	3:15 PM	5:15 PM	Playroom Gym		
Jan 21, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 22, 2025	Wed	Regular Season (SENIOR NIGHT)	@ Morrisville-Eaton (Morrisville-Eaton)	6:00 PM		Middle/High School	Departure Time: 4:15 PM	L
Jan 23, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 24, 2025	Fri	Practice	N/A	3:15 PM	5:15 PM	Playroom Gym		
Jan 25, 2025	Sat	Regular Season (CSC League Tournament)	Morrisville-Eaton (Morrisville-Eaton), Adirondack, Dolgeville, Herkimer, Little Falls, Mount Markham, Sherburne-Earlville, TBD @ Cooperstown (Cooperstown/Milford)	9:30 AM		Burse Gymnasium	Departure Time: 5:30 AM	L
Jan 27, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 29, 2025	Wed	Practice	N/A	10:00 AM	12:15 PM	Playroom Gym		
Jan 30, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Jan 30, 2025	Thu	Regular Season	@ Homer	6:30 PM		Homer High School	Departure Time: 2:30 PM	NL
Jan 31, 2025	Fri	Regular Season (Senior Night)	Camden	6:00 PM		High School Gym		NL
Feb 3, 2025	Mon	Practice	N/A	3:15 AM	5:30 PM	Playroom Gym		
Feb 4, 2025	Tue	Practice	N/A	3:15 AM	5:30 PM	Playroom Gym		

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Feb 5, 2025	Wed	Practice	N/A	3:15 AM	5:30 PM	Playroom Gym		
Feb 6, 2025	Thu	Practice	N/A	3:15 AM	5:30 PM	Playroom Gym		
Feb 7, 2025	Fri	Practice	N/A	3:15 AM	5:30 PM	Playroom Gym		
Feb 8, 2025	Sat	Post-Season (Section 3 Class C Wrestling Championship)	Adirondack, Cazenovia, Marcellus, Phoenix, Sherburne-Earlville, Tully (Southern Hills), Holland Patent @ General Brown	7:00 AM	6:00 PM	GBHS Main Gym, GBHS Weight Room, GBHS Cafeteria, GBHS Concession Stand, GBHS Classroom, GBHS Classroom, GBHS Weight Room-Mat Side	Departure Time: 5:15 AM	NL
Feb 10, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Feb 11, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Feb 12, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Feb 13, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Feb 14, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Playroom Gym		
Feb 15, 2025	Sat	Post-Season (Section III Championships/State Qualifiers)	@ TBD	9:30 AM		SRC Arena	Departure Time: 7:30 AM	NL
Feb 28, 2025	Fri	Post-Season (New York State Championships)	@ TBD	10:00 AM		MVP Arena (Albany, NY)	Departure Time: 7:00 AM	NL
Mar 1, 2025	Sat	Post-Season (New York State Championships)	@ TBD	10:00 AM		MVP Arena (Albany, NY)	Departure Time: 7:00 AM	NL

Date: 2025-12-14