



Central Valley Academy

(B) V Outdoor Track

Coaches:

- Tim Lawrence, Head Coach
- Chris French, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice (girls & boys)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 12, 2024	Tue	Practice (girls & boys)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 13, 2024	Wed	Practice (girls & boys)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 14, 2024	Thu	Practice (girls & boys)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 15, 2024	Fri	Practice (girls & boys)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 18, 2024	Mon	Practice (boys & girls)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 19, 2024	Tue	Practice (boys & girls)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 20, 2024	Wed	Practice (boys & girls)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 21, 2024	Thu	Practice (boys & girls)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 22, 2024	Fri	Practice (boys & girls)	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Mar 25, 2024	Mon	Practice	N/A	3:00 PM	4:30 PM	CVA Indoor Track		
Mar 26, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	CVA Indoor Track		
Mar 27, 2024	Wed	Practice	N/A	3:00 PM	4:30 PM	CVA Indoor Track		
Mar 28, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Apr 1, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	Diss Athletic Track		
Apr 2, 2024	Tue	Practice	N/A	9:00 AM	10:30 AM	Diss Athletic Track		
Apr 8, 2024	Mon	Practice	N/A	9:00 AM	10:30 AM	Diss Athletic Track		
Apr 9, 2024	Tue	Regular Season	Whitesboro, Notre Dame, Utica	4:30 PM		Diss Athletic Complex	Departure Point: Weber Ave	L
Apr 10, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Track, CVA Indoor Track		
Apr 11, 2024	Thu	Regular Season	Vernon-Verona-Sherrill, Notre Dame, Utica	4:30 PM		Diss Athletic Complex	Departure Point: Weber Ave	L
Apr 12, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Track, CVA Indoor Track		
Apr 15, 2024	Mon	Practice (boys & girls varsity)	N/A	3:15 PM	5:00 PM	CVA Indoor Track, Diss Athletic Track		
Apr 16, 2024	Tue	Regular Season	Notre Dame, Utica @ Oneida	4:00 PM		HS Track	Departure Point: Weber Ave	L
Apr 17, 2024	Wed	Practice (boys & girls varsity)	N/A	3:15 PM	5:00 PM	CVA Indoor Track, Diss Athletic Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 18, 2024	Thu	Practice (boys & girls varsity)	N/A	3:15 PM	5:00 PM	CVA Indoor Track, Diss Athletic Track		
Apr 19, 2024	Fri	Practice (boys & girls varsity)	N/A	3:15 PM	5:00 PM	CVA Indoor Track, Diss Athletic Track		
Apr 22, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Apr 23, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Apr 24, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Apr 25, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Apr 26, 2024	Fri	Regular Season (Invitationa;)	@ Sauquoit Valley	4:00 PM		Stadium Field	Departure Point: Weber Ave Departure Date: Apr 26, 2024 Departure Time: 3:00 PM	L
Apr 29, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Track		
Apr 30, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Track		
May 1, 2024	Wed	Regular Season	Notre Dame, Utica @ Holland Patent	4:30 PM		HS Stadium / Track	Departure Point: Weber Ave Departure Date: May 1, 2024 Departure Time: 3:15 PM	L
May 2, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 3, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	Diss Athletic Track		
May 6, 2024	Mon	Regular Season (TVL Rookie Meet)	Camden, Holland Patent, Notre Dame, Utica, Oneida, New Hartford, Utica Proctor, Whitesboro, Vernon-Verona-Sherrill @ Rome Free Academy	5:00 PM		Stadium Track and Field	Departure Point: Weber Ave Departure Date: May 6, 2024 Departure Time: 3:45 PM	L
May 7, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 8, 2024	Wed	Regular Season	Notre Dame, Utica, Camden	4:30 PM	8:45 PM	Diss Athletic Complex		L
May 9, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 10, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 14, 2024	Tue	Regular Season (TVL Invitational CO-ED)	Camden, Holland Patent, Notre Dame, Utica, New Hartford, Oneida, Rome Free Academy, Vernon-Verona-Sherrill, Whitesboro @ Utica Proctor	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)	Departure Point: Weber Ave. Departure Date: May 14, 2024 Departure Time: 3:00 PM	L
May 20, 2024	Mon	Meet (Section 3 Class B1)	Vs. Multiple	4:30 PM		Westhill High School Track		NL