



# 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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 17, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 18, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 19, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 20, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 21, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	CVA Main Gym, CVA Indoor Track			
Mar 24, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 25, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 26, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 27, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 28, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Mar 31, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Field, Diss Athletic Track			
Apr 1, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 2, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 3, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 4, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 7, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 8, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Apr 9, 2025	Wed	Regular Season (TVL Relays)	Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Camden, Whitesboro, New Hartford @ Vernon-Verona-Sherrill	4:00 PM		Track		<b>Departure Point:</b> CVA Lower Lot (student parking) <b>Departure Time:</b> 3:00 PM	L
Apr 10, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 11, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 14, 2025	Mon	Regular Season	Whitesboro, Notre Dame, Utica	4:30 PM		Diss Athletic Complex			L
Apr 15, 2025	Tue	Practice	N/A	3:00 PM	5:30 PM	Diss Athletic Track			
Apr 16, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 17, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 21, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 22, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 23, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 25, 2025	Fri	Regular Season (Cahill Classic)	@ Sauquoit Valley	4:00 PM		Stadium Field		<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Apr 25, 2025 <b>Departure Time:</b> 2:30 PM	L
Apr 28, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 29, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
Apr 30, 2025	Wed	Regular Season ((CVA vs ND will be scored))	Oneida, Notre Dame, Utica	4:30 PM		Diss Athletic Complex			L
May 1, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 2, 2025	Fri	Regular Season	@ Fonda-Fultonville	TBD		Fonda-Fultonville HS	<b>Class Dismissal:</b> 2:00 PM	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> May 2, 2025	L

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May 5, 2025	Mon	Regular Season	Vernon-Verona-Sherrill, Notre Dame, Utica	4:30 PM		Diss Athletic Complex			L
May 6, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 7, 2025	Wed	Regular Season	Notre Dame, Utica @ Holland Patent	4:30 PM		HS Stadium / Track		<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> May 7, 2025 <b>Departure Time:</b> 3:00 PM	L
May 8, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 9, 2025	Fri	Regular Season	@ Oneida	4:00 PM		HS Track		<b>Departure Date:</b> May 9, 2025 <b>Departure Time:</b> 1:45 PM	L
May 12, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 12, 2025	Mon	Regular Season (TVL Rookie Meet)	Camden, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Vernon-Verona-Sherrill, Whitesboro, New Hartford @ Holland Patent	5:00 PM		HS Stadium / Track		<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> May 12, 2025 <b>Departure Time:</b> 3:15 PM	L
May 12, 2025	Mon	Regular Season (TVL Rookie Meet)	TBD	5:00 PM		TBD		<b>Departure Point:</b> Weber Ave	L
May 13, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 14, 2025	Wed	Regular Season (TVL Invitational)	Whitesboro, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, New Hartford, Camden @ Vernon-Verona-Sherrill	4:15 PM		Track		<b>Departure Date:</b> May 14, 2025 <b>Departure Time:</b> 2:00 PM	L
May 15, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 16, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 19, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track			
May 19, 2025	Mon	Regular Season	Notre Dame, Utica @ Camden	4:15 PM		Camden High School Stadium		<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> May 19, 2025 <b>Departure Time:</b> 3:00 PM	L

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May 20, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 22, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 23, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 26, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 27, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 28, 2025	Wed	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
May 29, 2025	Thu	Regular Season	@ Vernon-Verona-Sherrill	4:30 PM		Track	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> May 29, 2025 <b>Departure Time:</b> 2:00 PM	L
May 30, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Jun 2, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Jun 3, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Jun 5, 2025	Thu	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		
Jun 6, 2025	Fri	Practice	N/A	3:15 PM	5:30 PM	Diss Athletic Track		

Date: 2026-01-11