



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 / 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 / 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	Departure Point: CVA Lower Lot (student parking) Departure Time: 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	Departure Point: Weber Ave Departure Date: Apr 25, 2025 Departure Time: 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	Class Dismissal: 2:00 PM	Departure Point: Weber Ave Departure Date: May 2, 2025

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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	Departure Point: Weber Ave Departure Date: May 7, 2025 Departure Time: 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	Departure Date: May 9, 2025 Departure Time: 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	Departure Point: Weber Ave Departure Date: May 12, 2025 Departure Time: 3:15 PM		L
May 12, 2025	Mon	Regular Season (TVL Rookie Meet)	TBD	5:00 PM		TBD	Departure Point: 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	Departure Date: May 14, 2025 Departure Time: 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	Departure Point: Weber Ave Departure Date: May 19, 2025 Departure Time: 3:00 PM		L

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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			Departure Point: Weber Ave Departure Date: May 29, 2025 Departure Time: 2:00 PM
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