



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 9, 2026	Mon	Practice	N/A	3:00 PM	5:30 PM	CVA Main Gym		
Mar 10, 2026	Tue	Practice	N/A	3:00 PM	5:30 PM	CVA Main Gym		
Mar 11, 2026	Wed	Practice	N/A	3:00 PM	5:30 PM	CVA Main Gym		
Mar 12, 2026	Thu	Practice	N/A	3:00 PM	5:30 PM	CVA Main Gym		
Mar 13, 2026	Fri	Practice	N/A	3:00 PM	5:30 PM	CVA Main Gym		
Mar 16, 2026	Mon	Practice	N/A	3:15 PM	5:30 PM	CVA Main Gym, CVA Indoor Track, CVA fitness center		
Mar 17, 2026	Tue	Practice	N/A	3:15 PM	5:30 PM	CVA Main Gym, CVA Indoor Track, CVA fitness center		
Mar 18, 2026	Wed	Practice	N/A	3:15 PM	5:30 PM	CVA Main Gym, CVA Indoor Track, CVA fitness center		
Mar 19, 2026	Thu	Practice	N/A	3:15 PM	5:30 PM	CVA Main Gym, CVA Indoor Track, CVA fitness center		
Mar 20, 2026	Fri	Practice	N/A	3:15 PM	5:30 PM	CVA Main Gym, CVA Indoor Track, CVA fitness center		
Mar 23, 2026	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Main Gym		
Mar 24, 2026	Tue	Practice	N/A	3:15 PM	5:00 PM	CVA Main Gym		
Mar 25, 2026	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Main Gym		
Mar 26, 2026	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Main Gym		
Apr 15, 2026	Wed	Regular Season (TVL Relays- Co-Ed - (Location VVS))	Whitesboro, New Hartford, Rome Free Academy, Utica Proctor, Camden, Holland Patent, Notre Dame, Utica, Oneida, TBD @ Vernon-Verona-Sherrill	4:00 PM		Track		L
Apr 22, 2026	Wed	Regular Season	New Hartford	4:30 PM		Diss Athletic Track		L
Apr 29, 2026	Wed	Regular Season	Notre Dame, Utica @ Camden	4:15 PM		Camden High School Stadium		L
May 6, 2026	Wed	Regular Season	Vernon-Verona-Sherrill	4:30 PM		Diss Athletic Track	Departure Point: Weber Ave	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 11, 2026	Mon	Regular Season (TVL Rookie Meet - Co-Ed (Location Whitesboro))	New Hartford, Rome Free Academy, Utica Proctor, Camden, Holland Patent, Oneida, Notre Dame, Utica, Vernon-Verona-Sherrill, TBD @ Whitesboro	5:00 PM		Ed Wadas Complex High School		L
May 13, 2026	Wed	Regular Season	Oneida, Holland Patent	4:30 PM		Diss Athletic Track	Departure Point: Weber Ave	L
May 19, 2026	Tue	Regular Season (TVL Invitational (Co-Ed))	Whitesboro, New Hartford, Utica Proctor, Camden, Holland Patent, Oneida, Notre Dame, Utica, Vernon-Verona-Sherrill @ Rome Free Academy	4:00 PM	6:45 PM	Stadium Track and Field		L

Date: 2026-03-21