



Central Valley Academy

(G) V Winter Track

Coaches:

- Chris French
- Patrick Parker
- Charles Maxson
- Robert Paul

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 12, 2023	Tue	Regular Season (Meet at Hamilton College)	@ TBD	7:30 PM	10:00 PM	TBD	Departure Point: Weber Ave Departure Date: Dec 12, 2023 Departure Time: 6:00 PM	L
Dec 14, 2023	Thu	Practice	N/A	3:15 PM	4:00 PM	CVA Indoor Track		
Dec 15, 2023	Fri	Regular Season (Meet at Utica University)	@ TBD	4:30 PM	10:00 PM	Utica University	Departure Point: Weber Ave Departure Date: Dec 15, 2023 Departure Time: 3:00 PM	L
Dec 18, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 18, 2023	Mon	Regular Season (meet at MVCC)	@ TBD	4:45 PM		Mohawk Valley Community College	Departure Point: Weber Ave Departure Date: Dec 18, 2023 Departure Time: 3:00 PM	L
Dec 19, 2023	Tue	Regular Season	@ TBD	7:30 PM		Colgate University	Departure Point: Weber Ave Departure Date: Dec 19, 2023 Departure Time: 5:45 PM	L
Dec 20, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 21, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	10:30 AM	CVA Indoor Track		
Dec 27, 2023	Wed	Regular Season	TBD	11:45 AM		Utica University	Departure Point: Weber Ave Departure Date: Dec 27, 2023 Departure Time: 10:00 AM	L
Dec 29, 2023	Fri	Practice	N/A	9:00 AM	10:30 AM	CVA Indoor Track		
Jan 2, 2024	Tue	Practice	N/A	9:00 AM	10:30 AM	CVA Indoor Track		
Jan 3, 2024	Wed	Regular Season	TBD	7:30 PM		Colgate University	Departure Point: Weber Ave Departure Date: Jan 3, 2024 Departure Time: 5:45 PM	L
Jan 5, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 8, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		

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Jan 9, 2024	Tue	Regular Season	TBD	4:45 PM		Mohawk Valley Community College	Departure Point: Weber Ave Departure Date: Jan 9, 2024 Departure Time: 3:15 PM	L
Jan 10, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 11, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 12, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 13, 2024	Sat	Regular Season	TBD	11:45 AM		Utica University	Departure Point: Weber Ave Departure Date: Jan 13, 2024 Departure Time: 10:00 AM	L
Jan 16, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 17, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 18, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 19, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 22, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 23, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 24, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 25, 2024	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 26, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 29, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 30, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Jan 31, 2024	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Feb 1, 2024	Thu	Practice	N/A	3:15 PM	4:00 PM	CVA Indoor Track		
Feb 2, 2024	Fri	Regular Season	TBD	4:30 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Feb 2, 2024 Departure Time: 2:15 PM	L
Feb 5, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Feb 6, 2024	Tue	Practice	N/A	3:15 PM	4:00 PM	CVA Indoor Track		
Feb 7, 2024	Wed	Regular Season	TBD	4:30 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Feb 7, 2024 Departure Time: 1:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 8, 2024	Thu	Practice	N/A	3:15 PM	4:00 PM	CVA Indoor Track		
Feb 9, 2024	Fri	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Feb 12, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Feb 13, 2024	Tue	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Feb 14, 2024	Wed	Regular Season	TBD	4:30 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Feb 14, 2024 Departure Time: 2:15 PM	L

Date: 2025-12-06