



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
Nov 18, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 19, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 20, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 21, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 22, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 25, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 26, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Nov 27, 2024	Wed	Practice	N/A	8:00 AM	10:00 PM	CVA Indoor Track		
Nov 27, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Dec 2, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 3, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 4, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
POSTPONED Dec 5, 2024	Thu	Regular Season (Mohawk Valley Supplemental Meet)	@ TBD	4:30 PM		Mohawk Valley Community College	Departure Point: Weber Ave Departure Date: Dec 5, 2024 Departure Time: 3:45 PM	L
Dec 6, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 7, 2024	Sat	Regular Season (Westhill Invitational)	@ TBD	10:00 AM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Dec 7, 2025 Departure Time: 7:30 AM	L
Dec 9, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 10, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 11, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 12, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 13, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		

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Dec 14, 2024	Sat	Regular Season (Mohawk Valley Kickoff Meet)	@ TBD	3:00 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Dec 21, 2024 Departure Time: 12:30 PM	L
Dec 16, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 17, 2024	Tue	Regular Season (Oscar B. Jensen Memorial Relays)	TBD	4:30 PM		Hamilton College	Departure Point: Weber Ave Departure Date: Dec 17, 2024 Departure Time: 2:45 PM	L
Dec 18, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 19, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Dec 21, 2024	Sat	Regular Season (Mohawk Valley Meet #3:)	TBD	3:00 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Dec 21, 2024 Departure Time: 12:30 PM	L
Dec 23, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Dec 26, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Dec 28, 2024	Sat	Regular Season (CNY Holiday Classic:)	@ TBD	10:00 AM		Utica University	Departure Point: Weber Ave Departure Date: Dec 28, 2024 Departure Time: 8:30 AM	L
Dec 30, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Jan 2, 2025	Thu	Practice	N/A	9:00 AM	11:00 AM	CVA Indoor Track		
Jan 3, 2025	Fri	Regular Season (John DiMao Memorial)	@ TBD	6:30 PM		TBD	Departure Point: Weber Ave Departure Date: Jan 3, 2025 Departure Time: 4:30 PM	L
Jan 6, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 7, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 8, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 10, 2025	Fri	Regular Season (Utica Challenge)	@ TBD	5:00 PM		Utica University	Departure Point: Weber Ave Departure Date: Jan 10, 2025 Departure Time: 3:30 PM	L
Jan 13, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 14, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 15, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		

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Jan 16, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 18, 2025	Sat	Regular Season (Art McKinnon Meet)	@ TBD	3:00 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Jan 18, 2025 Departure Time: 12:30 PM	L
Jan 20, 2025	Mon	Practice	N/A	8:30 AM	10:00 AM	CVA Indoor Track		
Jan 21, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 22, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 23, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 25, 2025	Sat	Regular Season (CSC/Tri-Valley League Championship)	@ TBD	3:00 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Jan 25, 2025 Departure Time: 12:30 PM	L
Jan 27, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 28, 2025	Tue	Regular Season	@ TBD	4:00 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Feb 4, 2025 Departure Time: 2:00 PM	L
Jan 29, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 30, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Jan 31, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 3, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 4, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 5, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
CANCELLED Feb 6, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 7, 2025	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 8, 2025	Sat	Post-Season (Class B1, Class B2 (Co-Ed) Sectional Finals)	@ TBD	9:00 AM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Feb 8, 2025 Departure Time: 6:30 AM	L
Feb 10, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 11, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 12, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 13, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		

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Feb 17, 2025	Mon	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Feb 18, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Feb 19, 2025	Wed	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Feb 20, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Feb 21, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	CVA Indoor Track		
Feb 24, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track		
Feb 25, 2025	Tue	Post-Season (Section III State Qualifier (Co-Ed))	@ TBD	4:30 PM		Onondaga Community College	Departure Point: Weber Ave Departure Date: Feb 25, 2025 Departure Time: 2:00 PM	L
Mar 7, 2025	Fri	Post-Season (NYS Championship Meet)	@ TBD	TBD		Ocean Breeze-Staten Island	Departure Point: Weber Ave	L
Mar 8, 2025	Sat	Post-Season (NYS Championship Meet)	@ TBD	TBD		Ocean Breeze-Staten Island	Departure Point: Weber Ave	L

Date: 2026-01-30