



# Central Valley Academy

## (B) V Winter Track

### Coaches:

- Charles Maxson

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 6, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 7, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 8, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 11, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 12, 2023	Tue	Regular Season (Meet at Colgate University)	@ TBD	7:30 PM	10:00 PM	TBD	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Dec 12, 2023 <b>Departure Time:</b> 6:00 PM	L
CANCELLED Dec 13, 2023	Wed	Practice	N/A	3:15 PM	4:00 PM	CVA Indoor Track		
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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Dec 15, 2023 <b>Departure Time:</b> 3:00 PM	L
CANCELLED Dec 18, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 18, 2023	Mon	Practice (practice)	N/A	3:15 PM	5:15 PM	CVA Indoor Track		
Dec 18, 2023	Mon	Regular Season (track meet at MVCC)	@ TBD	4:45 PM		Mohawk Valley Community College	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Dec 18, 2023 <b>Departure Time:</b> 3:15 PM	L
Dec 19, 2023	Tue	Regular Season (meet at Colgate University)	@ TBD	7:30 PM		Colgate University	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Dec 19, 2023 <b>Departure Time:</b> 5:45 PM	L
Dec 20, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 20, 2023	Wed	Practice (practice)	N/A	3:15 PM	5:15 PM	CVA Indoor Track		
Dec 21, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	CVA Indoor Track		
Dec 21, 2023	Thu	Practice (practice)	N/A	3:15 PM	5:15 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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Dec 27, 2023 <b>Departure Time:</b> 10:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Jan 3, 2024 <b>Departure Time:</b> 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		
Jan 9, 2024	Tue	Regular Season	TBD	4:45 PM		Mohawk Valley Community College	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Jan 9, 2024 <b>Departure Time:</b> 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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Jan 13, 2024 <b>Departure Time:</b> 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		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 2, 2024	Fri	Regular Season	TBD	4:30 PM		Onondaga Community College	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Feb 2, 2024 <b>Departure Time:</b> 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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Feb 7, 2024 <b>Departure Time:</b> 2:15 PM	L
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	<b>Departure Point:</b> Weber Ave <b>Departure Date:</b> Feb 14, 2024 <b>Departure Time:</b> 1:45 PM	L

Date: 2024-05-07