



Central Valley Academy

(B) V Winter Track

Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 17, 2025	Mon	Practice	N/A	3:15 PM	5:30 PM	CVA Indoor Track, fitness center		
Nov 18, 2025	Tue	Practice	N/A	3:15 PM	5:30 PM	CVA Indoor Track, fitness center		
Nov 19, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Nov 20, 2025	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Nov 24, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Nov 25, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Nov 26, 2025	Wed	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Nov 28, 2025	Fri	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Dec 1, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 1, 2025	Mon	Practice (MANDATORY PARENT - ATHLETE - COACHES PreSeason Meeting in Cafeteria)	N/A	5:30 PM	6:30 PM	Central Valley Academy		
CANCELLED Dec 2, 2025	Tue	Practice (TEAM Pictures in Full Uniform in Main Gym)	N/A	2:50 PM	3:00 PM	CVA Main Gym		
CANCELLED Dec 2, 2025	Tue	Practice (Individual Pictures in Cafeteria)	N/A	3:00 PM	4:00 PM	Central Valley Academy		
CANCELLED Dec 2, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 3, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 4, 2025	Thu	Regular Season (Utica University Meet)	@ TBD	7:30 PM	10:00 PM	Utica University	Departure Point: Weber Ave Departure Date: Dec 4, 2025 Departure Time: 6:00 PM	L
Dec 7, 2025	Sun	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

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Dec 8, 2025	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 9, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
POSTPONED Dec 10, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 11, 2025	Thu	Practice (TEAM Pictures in Full Uniform in Main Gym)	N/A	2:40 PM	3:00 PM	CVA Main Gym		
Dec 11, 2025	Thu	Practice (Individual Pictures in Cafeteria)	N/A	3:00 PM	4:00 PM	Central Valley Academy		
Dec 11, 2025	Thu	Regular Season (Utica University Meet)	@ TBD	7:30 PM	10:00 PM	Utica University	Departure Point: Weber Ave Departure Date: Dec 11, 2025 Departure Time: 6:00 PM	L
Dec 12, 2025	Fri	Practice	N/A	3:00 PM	4:00 PM	CVA Indoor Track		
Dec 15, 2025	Mon	Regular Season (Hamilton College Meet)	@ TBD	4:00 PM	10:30 PM	Hamilton College	Departure Point: Weber Ave Departure Date: Dec 15, 2025 Departure Time: 2:00 PM	L
Dec 16, 2025	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 17, 2025	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Dec 18, 2025	Thu	Regular Season (Utica University Meet)	@ TBD	7:30 PM	10:00 PM	Utica University	Departure Point: Weber Ave Departure Date: Dec 18, 2025 Departure Time: 6:00 PM	L
Dec 22, 2025	Mon	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Dec 23, 2025	Tue	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Dec 27, 2025	Sat	Regular Season (Utica University Holiday Invitational)	@ TBD	10:00 AM	3:00 PM	Utica University	Departure Point: Weber Ave Departure Date: Dec 27, 2025 Departure Time: 8:30 AM	L
Dec 29, 2025	Mon	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Dec 31, 2025	Wed	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Jan 2, 2026	Fri	Regular Season (Colgate University Meet)	@ TBD	12:30 PM	3:00 PM	Colgate University	Departure Point: Weber Ave Departure Date: Jan 2, 2026 Departure Time: 10:30 AM	L

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Jan 5, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 6, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 7, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 8, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 8, 2026	Thu	Regular Season (MVCC Supplemental Meet)	@ TBD	4:00 PM	6:00 PM	Mohawk Valley Community College	Departure Point: Weber Ave Departure Date: Jan 8, 2026 Departure Time: 2:30 PM	L
Jan 10, 2026	Sat	Regular Season (Utica University Challenge Invitational)	@ TBD	TBD		Utica University	Departure Point: Weber Ave Departure Date: Jan 10, 2026	L
Jan 12, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 13, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 14, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 15, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 15, 2026	Thu	Regular Season (MVCC Supplemental Meet)	@ TBD	4:00 PM	6:00 PM	Mohawk Valley Community College	Departure Point: Weber Ave Departure Date: Jan 15, 2026 Departure Time: 2:30 PM	L
Jan 17, 2026	Sat	Regular Season (OCC Meet)	@ TBD	3:00 PM	8:00 PM	Onondaga Community College	Departure Point: Weber Ave Departure Date: Jan 17, 2026 Departure Time: 12:30 PM	L
Jan 19, 2026	Mon	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Jan 20, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 21, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 22, 2026	Thu	Regular Season (Utica University TVL Championship Meet)	@ TBD	7:30 PM	10:00 PM	Utica University	Departure Point: Weber Ave Departure Date: Jan 22, 2026 Departure Time: 6:00 PM	L

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Jan 23, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 24, 2026	Sat	Practice	N/A	7:30 AM	9:30 AM	CVA Indoor Track, fitness center		
Jan 26, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 27, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 28, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 29, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Jan 30, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 2, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 3, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 4, 2026	Wed	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 5, 2026	Thu	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 6, 2026	Fri	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 9, 2026	Mon	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		
Feb 10, 2026	Tue	Practice	N/A	3:30 PM	5:30 PM	CVA Indoor Track, fitness center		

Date: 2025-12-11