



# Clinton

## (B) V Winter Track

### Coaches:

- Norman Deep Jr., Head Coach
- Matthew Bashant, Asst Coach
- Austen Johnson, Asst Coach
- Kevin Jones, Asst Coach
- Kristen Willson, Volunteer

| DATE         | WEEK DAY | TYPE   | OPPONENTS    | START TIME | END TIME | LOCATION                                 | DEPARTURE | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--------------|------------|----------|--|-----------|---|---------------------|
| Dec 3, 2024  | Tue      | Practice   | N/A          | 2:30 PM    | 3:45 PM  | Hamilton College                         |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| Dec 7, 2024  | Sat      | Meet (WESTHILL INDOOR TRACK AND FIELD INVITATIONAL 2024) | Vs. Multiple | 10:00 AM   |          | TBD                                      |           |   | NL                  |
| Dec 7, 2024  | Sat      | Regular Season   | TBD          | TBD        |          | OCC- SRC Arena                           |           |   | NL                  |
| Dec 10, 2024 | Tue      | Practice   | N/A          | 2:30 PM    | 3:45 PM  | Hamilton College                         |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| Dec 11, 2024 | Wed      | Regular Season   | @ TBD        | 4:00 PM    |          | Mohawk Valley Community College - Utica  |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>3:00 PM  | L                   |
| Dec 12, 2024 | Thu      | Practice   | N/A          | 2:30 PM    | 3:45 PM  | Elevate CNY                              |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |
| Dec 14, 2024 | Sat      | Regular Season   | TBD          | 3:00 PM    |          | Onondaga Community College               |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>12:30 PM   | L                   |
| Dec 17, 2024 | Tue      | Regular Season   | TBD          | 4:00 PM    |          | Hamilton College Field House             |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>3:00 PM  | L                   |
| Dec 19, 2024 | Thu      | Practice   | N/A          | 2:30 PM    | 3:45 PM  | Elevate CNY                              |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |
| Dec 21, 2024 | Sat      | Regular Season   | TBD          | 3:00 PM    |          | Onondaga Community College               |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>12:30 PM   | L                   |
| Dec 28, 2024 | Sat      | Regular Season   | TBD          | TBD        |          | Utica University                         |           |   | L                   |
| Jan 3, 2025  | Fri      | Regular Season   | TBD          | 4:30 PM    |          | Colgate University (Sanford Field House) |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:45 PM   | L                   |

| DATE                   | WEEK DAY | TYPE  | OPPONENTS | START TIME | END TIME | LOCATION                     | DEPARTURE            | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|------------------------|----------|---|-----------|------------|----------|------------------------------|----------------------|---|---------------------|
| Jan 8, 2025            | Wed      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Hamilton College             |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| CANCELLED Jan 9, 2025  | Thu      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Elevate CNY                  |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |
| Jan 10, 2025           | Fri      | Regular Season  | TBD       | 4:30 PM    |          | Utica University             |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:45 PM   | L                   |
| Jan 11, 2025           | Sat      | Regular Season  | TBD       | 10:00 AM   |          | Utica University             |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>8:00 AM   | L                   |
| Jan 14, 2025           | Tue      | Practice  | N/A       | 2:30 PM    | 4:00 PM  | Elevate CNY                  |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| Jan 16, 2025           | Thu      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Elevate CNY                  |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |
| Jan 18, 2025           | Sat      | Regular Season (HALE BUS 1/18 to OCC and 1/19 to Cornell) | TBD       | 12:15 PM   |          | Onondaga Community College   | Bus/Driver: Hale Bus | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Date:</b><br>Jan 18, 2025<br><b>Departure Time:</b><br>12:15 PM             | L                   |
| Jan 22, 2025           | Wed      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Hamilton College Field House |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| CANCELLED Jan 22, 2025 | Wed      | Regular Season  | @ TBD     | TBD        |          | SUNY Cortland                |                      | <b>Departure Point:</b><br>Elm St Parking Lot   | L                   |
| Jan 23, 2025           | Thu      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Elevate CNY                  |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |
| Jan 25, 2025           | Sat      | Regular Season (CSC D-1 League Championship Meet)         | TBD       | 3:00 PM    |          | Onondaga Community College   |                      | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>12:30 PM   | L                   |
| Jan 28, 2025           | Tue      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Hamilton College             |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| Jan 30, 2025           | Thu      | Practice  | N/A       | 2:30 PM    | 3:45 PM  | Elevate CNY                  |                      | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |

| DATE         | WEEK DAY | TYPE                                     | OPPONENTS | START TIME | END TIME | LOCATION                   | DEPARTURE | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|----------------------------|-----------|---|---------------------|
| Feb 4, 2025  | Tue      | Practice                                 | N/A       | 2:30 PM    | 3:45 PM  | Elevate CNY                |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| Feb 6, 2025  | Thu      | Practice                                 | N/A       | 2:30 PM    | 3:45 PM  | Elevate CNY                |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM<br><b>Return Date:</b><br><b>Return Time:</b> 4:00 PM |                     |
| Feb 8, 2025  | Sat      | Post-Season<br>(Sectional Championships) | TBD       | 9:00 AM    |          | Onondaga Community College |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>7:00 AM  | L                   |
| Feb 13, 2025 | Thu      | Practice                                 | N/A       | 2:30 PM    | 4:00 PM  | Elevate CNY                |           | <b>Departure Point:</b><br>Elm St. Parking Lot<br><b>Departure Time:</b><br>2:30 PM   |                     |
| Feb 15, 2025 | Sat      | Regular Season                           | @ TBD     | TBD        |          | SUNY Cortland              |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>4:00 PM  | L                   |
| Feb 25, 2025 | Tue      | Post-Season<br>(State Qualifier)         | TBD       | 4:30 PM    | 8:30 PM  | OCC- SRC Arena             |           | <b>Departure Point:</b><br>Elm St Parking Lot<br><b>Departure Time:</b><br>2:45 PM  | NL                  |

Date: 2025-12-19