



# Fabius-Pompey

## (G) V Winter Track

### Coaches:

- Maria Reagan (Costello)

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 14, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 15, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 16, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 17, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 20, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 21, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 27, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 28, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Nov 29, 2023	Wed	Regular Season	TBD	4:30 PM	9:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 3:20 PM	L
Nov 30, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Dec 1, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	Fabius Pompey Weight Room		
Dec 4, 2023	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 5, 2023	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 6, 2023	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
POSTPONED Dec 7, 2023	Thu	Regular Season	TBD	4:30 PM	9:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 3:20 PM	L
Dec 8, 2023	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 11, 2023	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 12, 2023	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2023	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 14, 2023	Thu	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 15, 2023	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 16, 2023	Sat	Regular Season	TBD	3:00 PM	8:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 1:45 PM	L
Dec 18, 2023	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 19, 2023	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 20, 2023	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 21, 2023	Thu	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Dec 22, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Dec 22, 2023	Fri	Regular Season	TBD	4:00 PM	9:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 2:45 PM	NL
Dec 22, 2023	Fri	Meet (WESTHILL INDOOR TRACK AND FIELD INVITATIONAL)	Vs. Multiple	4:00 PM		OCC - SRC Arena		NL
Jan 2, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 3, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 4, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 5, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 6, 2024	Sat	Regular Season	TBD	3:00 PM	8:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 1:45 PM	L
Jan 8, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 9, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 10, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 11, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 12, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 13, 2024	Sat	Regular Season	TBD	9:00 AM	2:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 7:45 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 16, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 17, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 18, 2024	Thu	Regular Season	TBD	4:30 PM	9:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 3:20 PM	L
Jan 19, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 22, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 23, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 24, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 25, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 26, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 29, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 30, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Jan 31, 2024	Wed	Post-Season (League Championship)	TBD	4:30 PM	9:30 PM	OCC/SRC Arena	<b>Departure Time:</b> 3:20 PM	L
Feb 1, 2024	Thu	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Feb 2, 2024	Fri	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Feb 5, 2024	Mon	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Feb 6, 2024	Tue	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Feb 7, 2024	Wed	Practice	N/A	3:15 PM	5:30 PM	Fabius Pompey Weight Room		
Feb 8, 2024	Thu	Post-Season (Section 3 Championship)	TBD	4:30 PM	9:00 PM	OCC/SRC Arena	<b>Departure Time:</b> 3:20 PM	NL

Date: 2024-05-07