



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 18, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 19, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 20, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 21, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 22, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 23, 2019	Sat	Practice	N/A	1:00 PM	3:00 PM	Fabius-Pompey H S		
Nov 25, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 26, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room, Fabius-Pompey MS Gym		
Nov 27, 2019	Wed	Practice	N/A	12:00 PM	2:00 PM	Fabius-Pompey H S		
Dec 2, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 3, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Dec 4, 2019	Wed	Regular Season	@ TBD	4:30 PM		OCC/SRC Arena	Departure Point: F-P HS Departure Time: 3:00 PM	L
Dec 5, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 6, 2019	Fri	Practice	N/A	2:30 PM	4:30 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Dec 7, 2019	Sat	Practice	N/A	10:00 AM	12:00 PM	Fabius-Pompey MS Gym		
Dec 9, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 10, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Dec 11, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 12, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 13, 2019	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 14, 2019	Sat	Regular Season	@ TBD	9:00 AM		OCC/SRC Arena	Departure Point: F-P HS Departure Time: 7:35 AM	L
Dec 16, 2019	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 17, 2019	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Dec 18, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2019	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 20, 2019	Fri	Regular Season	@ Mohawk	4:30 PM		Utica College	Departure Point: F-P HS Departure Time: 2:15 PM	L
Jan 2, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Jan 3, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Jan 4, 2020	Sat	Regular Season	@ TBD	3:00 PM		OCC/SRC Arena	Departure Point: F-P HS Departure Time: 1:35 PM	L
Jan 6, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Jan 7, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Jan 8, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Jan 9, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Jan 10, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius-Pompey MS Gym, Fabius Pompey Weight Room		
Jan 11, 2020	Sat	Regular Season	@ TBD	3:00 PM		OCC/SRC Arena	Departure Point: F-P HS Departure Time: 1:35 PM	L
Jan 13, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 14, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Jan 15, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 16, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 17, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 18, 2020	Sat	Regular Season	@ TBD	9:00 AM		OCC/SRC Arena	Departure Point: F-P HS Departure Time: 7:35 AM	L
Jan 20, 2020	Mon	Practice	N/A	10:00 AM	12:00 PM	Fabius-Pompey H S, Fabius Pompey Weight Room		
Jan 21, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Jan 22, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 23, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 24, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 27, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 28, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Jan 29, 2020	Wed	Regular Season	@ TBD	4:30 PM		OCC/SRC Arena	Departure Point: F-P HS Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 30, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 31, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 3, 2020	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 4, 2020	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Feb 5, 2020	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 6, 2020	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 7, 2020	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 8, 2020	Sat	Regular Season	@ TBD	2:00 PM		OCC/SRC Arena		

Departure Point:
F-P HS
Departure Time: 12:35 PM

Date: 2024-06-01