



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 14, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 15, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	Fabius Pompey Weight Room		
Nov 16, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 17, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 18, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 21, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 22, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 29, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Nov 30, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 1, 2022	Thu	Regular Season	@ TBD	4:30 PM	9:00 PM	OCC/SRC Arena	Departure Time: 3:20 PM	L
Dec 2, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 5, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 6, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 7, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 8, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 9, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 11, 2022	Sun	Regular Season	@ TBD	9:00 AM	2:00 PM	OCC/SRC Arena	Departure Time: 7:45 AM	L
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 13, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 14, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 15, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 16, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 17, 2022	Sat	Regular Season	@ TBD	9:00 AM	2:00 PM	OCC/SRC Arena	Departure Time: 7:45 AM	L
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 20, 2022	Tue	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 21, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 22, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Dec 23, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 4, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 5, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 6, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 7, 2023	Sat	Regular Season	@ TBD	3:00 PM	7:00 PM	OCC/SRC Arena	Departure Time: 1:45 PM	L
Jan 9, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 10, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 11, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 12, 2023	Thu	Regular Season	@ TBD	4:30 PM	10:00 PM	Utica College	Departure Time: 2:30 PM	L
Jan 13, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 16, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 18, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 19, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 20, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 21, 2023	Sat	Regular Season	@ TBD	9:00 AM	2:00 PM	OCC/SRC Arena	Departure Time: 7:45 AM	L
Jan 23, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 24, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 25, 2023	Wed	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 26, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 27, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 30, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Jan 31, 2023	Tue	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 1, 2023	Wed	Post-Season (League Championship)	@ TBD	4:30 PM	9:30 PM	OCC/SRC Arena	Departure Time: 3:15 PM	L
Feb 2, 2023	Thu	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 3, 2023	Fri	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
Feb 6, 2023	Mon	Practice	N/A	3:15 PM	5:00 PM	Fabius Pompey Weight Room		
Feb 7, 2023	Tue	Post-Season (Section 3 Championship)	@ TBD	4:30 PM	8:30 PM	OCC/SRC Arena	Departure Time: 3:15 PM	NL

Date: 2024-05-07