



North Tonawanda

(B) V Winter Track

Coaches:

- Brenda Perrella, Head Coach
- Chris Heyer, Asst Coach
- Steven Horton, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 20, 2018	Tue	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Nov 28, 2018	Wed	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 1, 2018	Sat	Regular Season (Varsity "B" Meet)	@ TBD	8:00 AM		Buffalo State College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 6:30 AM
Dec 5, 2018	Wed	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 6, 2018	Thu	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 8, 2018	Sat	Regular Season (Season Opener)	@ TBD	10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Dec 13, 2018	Thu	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 14, 2018	Fri	Regular Season (Varsity "B" Meet)	@ TBD	4:30 PM		Buffalo State College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 3:00 PM
Dec 20, 2018	Thu	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 22, 2018	Sat	Regular Season	@ TBD	1:00 PM		Fredonia State College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 10:30 AM
Dec 29, 2018	Sat	Regular Season (WNY Relays)	@ TBD	10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Jan 3, 2019	Thu	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Jan 3, 2019	Thu	Practice (Boys & Girls Varsity Winter Track Practice @ Ken West)	N/A	3:30 PM	4:45 PM	Kenmore West High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM Return Date: Return Time: 4:45 PM
Jan 5, 2019	Sat	Regular Season (Varsity Select) @ TBD		10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Jan 9, 2019	Wed	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 10, 2019	Thu	Practice (Boys & Girls Varsity Winter Track Practice @ Ken West)	N/A	3:30 PM	4:45 PM	Kenmore West High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM Return Date: Return Time: 4:45 PM
Jan 12, 2019	Sat	Regular Season (Houghton College Invitational) @ TBD		10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Jan 17, 2019	Thu	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
CANCELLED Jan 19, 2019	Sat	Regular Season (Border War Invitational) @ TBD		10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Jan 22, 2019	Tue	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 23, 2019	Wed	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
CANCELLED Jan 26, 2019	Sat	Regular Season (9th & 10 Grade Championships) @ TBD		10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Jan 29, 2019	Tue	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
CANCELLED Feb 1, 2019	Fri	Practice (Training Session Winter Track)	N/A	4:00 PM	5:00 PM	Sky Zone, 425 Cayuga Road, Cheektowaga, School NY 14225	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:30 PM Return Date: Return Time: 5:00 PM
Feb 6, 2019	Wed	Practice (Boys & Girls Varsity Winter Track Practice @ Ken West)	N/A	3:30 PM	4:45 PM	Kenmore West High School	Bus/Driver: School	Departure Point: Front of HS Flag Pole Departure Time: 3:15 PM Return Date: Return Time: 4:45 PM
Feb 6, 2019	Wed	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 8, 2019	Fri	Practice (Boys & Girls Winter Track Practice (upper classmen))	N/A	3:30 PM	5:30 PM	North Tonawanda High School Old Gym		
Feb 8, 2019	Fri	Regular Season (9/10 Championships (Rescheduled))	@ Houghton Academy	5:00 PM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 2:00 PM
Feb 9, 2019	Sat	Regular Season (Varsity Select Meet)	@ TBD	8:30 AM		Fredonia State College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 6:00 AM
Feb 12, 2019	Tue	Practice (Training Session Winter Track)	N/A	4:00 PM	5:00 PM	Sky Zone, 425 Cayuga Road, Cheektowaga, School NY 14225	Bus/Driver: School	Departure Point: Alumni Center Departure Time: 3:30 PM Return Date: Return Time: 5:00 PM
Feb 14, 2019	Thu	Practice (Boys and Girls Indoor Track)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 16, 2019	Sat	Regular Season (Team Championships)	@ TBD	10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM
Feb 21, 2019	Thu	Regular Season (Section VI Championships)	@ TBD	10:00 AM		Houghton College	Bus/Driver: School	Departure Point: Alumni Center area (outside the weight room) Departure Time: 7:00 AM

Date: 2026-02-02