



# 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 18, 2019	Mon	Practice (Boys & Girls Indoor Track Practice)	N/A	3:00 PM	5:00 PM	North Tonawanda High School New Gym		
Nov 19, 2019	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Nov 22, 2019	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Nov 26, 2019	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 3, 2019	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 6, 2019	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 10, 2019	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 13, 2019	Fri	Regular Season	@ TBD	4:30 PM		Buffalo State College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 3:30 PM L
Dec 17, 2019	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 20, 2019	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Dec 21, 2019	Sat	Regular Season (Christmas Classic @ Houghton)	@ TBD	10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:30 AM L
Dec 28, 2019	Sat	Regular Season (WNY Relays @ Fredonia)	@ TBD	8:30 AM		SUNY Fredonia	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 6:30 AM L
Jan 3, 2020	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	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 4, 2020	Sat	Regular Season (New Year Celebration Track @ TBD Classic @ Houghton)		10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:30 AM
Jan 7, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 10, 2020	Fri	Regular Season (@ Buffalo State College)	@ TBD	4:30 PM		Buffalo State College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 3:00 PM
Jan 14, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 17, 2020	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 18, 2020	Sat	Regular Season (Border-War Track Classic @ Houghton)	@ TBD	10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:30 AM
Jan 21, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 24, 2020	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 25, 2020	Sat	Regular Season (9th/10th Grade Championships @ Houghton)	@ TBD	10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:30 AM
Jan 28, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Jan 31, 2020	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 1, 2020	Sat	Regular Season (Groundhog Classic @ Houghton)	@ Houghton Academy	10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:30 AM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Feb 4, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 7, 2020	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 8, 2020	Sat	Regular Season (Team Championships @ Houghton)	@ TBD	10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:15 AM
Feb 11, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 18, 2020	Tue	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 21, 2020	Fri	Practice (Boys & Girls Winter Track Practice @ Sportsplex)	N/A	3:30 PM	5:00 PM	Sportsplex, Ridge Road, North Tonawanda		
Feb 22, 2020	Sat	Regular Season (Section VI State Qualifier Champs)	@ TBD	10:00 AM		Houghton College	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center area (outside the weight room) <b>Departure Time:</b> 7:15 AM

Date: 2026-02-02