



# North Tonawanda

## (B) V Outdoor Track

### Coaches:

- Christopher Tideswell, Head Coach
- Julia Helfman, Asst Coach
- Steven Horton, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION / NON-LEAGUE
Apr 12, 2023	Wed	Scrimmage	Tapestry Charter, Buffalo @ Tonawanda	5:00 PM		Tonawanda High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 3:45 PM
Apr 19, 2023	Wed	Regular Season	@ Grand Island	5:00 PM		Grand Island High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 3:30 PM
Apr 25, 2023	Tue	Regular Season	Kenmore East	5:00 PM		North Tonawanda High School Track		L
May 5, 2023	Fri	Regular Season (Hornell Invitational)	@ Hornell	5:00 PM		Hornell HS	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 1:45 PM
May 8, 2023	Mon	Regular Season	Lockport	5:00 PM		North Tonawanda High School Track		L
May 11, 2023	Thu	Regular Season (Resc from 5/2)	@ Lewiston Porter	5:00 PM		Lewiston Porter High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 3:15 PM
May 15, 2023	Mon	Regular Season (JV Track Meet)	@ Lockport	5:00 PM		Emmet Belknap Intermediate School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 3:30 PM
May 18, 2023	Thu	Regular Season (League Championship)	@ Lewiston Porter	5:00 PM		Lewiston Porter High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 3:15 PM
May 19, 2023	Fri	Regular Season (League Championship)	@ Lewiston Porter	5:00 PM		Lewiston Porter High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 3:15 PM
May 26, 2023	Fri	Regular Season (Class Championship)	@ West Seneca West HS	4:00 PM		West Seneca West High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 2:35 PM
Jun 2, 2023	Fri	Regular Season (Sectionals)	@ West Seneca West HS	12:00 PM		West Seneca West High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 10:00 AM
Jun 3, 2023	Sat	Regular Season (Sectionals)	@ West Seneca West HS	10:00 AM		West Seneca West High School	<b>Bus/Driver:</b> School	<b>Departure Point:</b> Alumni Center <b>Departure Time:</b> 8:00 AM

Date: 2026-02-03