



Fayetteville-Manlius

(G) V Winter Track

Coaches:

- William Aris, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	4:30 PM	FM HS House 2 Gym		
Nov 22, 2022	Tue	Practice	N/A	3:30 PM	5:30 PM	Hornet Stadium		
Nov 23, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Nov 25, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Nov 26, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Nov 29, 2022	Tue	Practice	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Nov 30, 2022	Wed	Regular Season (Jack Morse Kickoff Meet)	TBD	4:30 PM	9:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 2:15 PM	NL
Dec 6, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
Dec 10, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 11, 2022	Sun	Regular Season (Oscar Jensen Memorial Relays)	TBD	9:00 AM	2:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 7:30 AM	NL
Dec 17, 2022	Sat	Regular Season (George Constantino Memorial)	TBD	3:00 PM	7:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 1:30 PM	NL
Dec 27, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 27, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	FM HS House 2 Gym		
Dec 28, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 29, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 30, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Dec 31, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Jan 7, 2023	Sat	Regular Season (John Arcaro Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 7:30 AM	NL
Jan 14, 2023	Sat	Regular Season (Fred Kirschenheiter Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 7:30 AM	NL
Jan 16, 2023	Mon	Practice	N/A	10:00 AM	12:00 PM	FM HS House 2 Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 19, 2023	Thu	Regular Season (Mohawk Valley 6)	TBD	4:30 PM	10:00 PM	Utica College	Departure Point: House 1 Departure Time: 2:15 PM	NL
Jan 21, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Jan 28, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Feb 2, 2023	Thu	Regular Season (SCAC Championships)	TBD	4:30 PM	10:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 2:15 PM	NL
Feb 4, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Feb 9, 2023	Thu	Post-Season (Section III Championships)	TBD	4:30 PM	10:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 2:15 PM	NL
Feb 10, 2023	Fri	Practice	N/A	3:15 PM	5:00 PM	FM HS House 2 Gym		
Feb 11, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	FM HS House 2 Gym		
Feb 14, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	FM HS House 2 Gym		
Feb 15, 2023	Wed	Post-Season (State Qualifiers)	TBD	4:30 PM	9:00 PM	SRC Arena at OCC Campus	Departure Point: House 1 Departure Time: 2:15 PM	NL
Feb 20, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	FM Cross Country		
Feb 21, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	FM Cross Country		
Feb 22, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	FM Cross Country		
Feb 23, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	FM Cross Country		
Feb 24, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	FM Cross Country		
Feb 25, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	FM Cross Country		
Mar 4, 2023	Sat	Post-Season (State Championships)	TBD	9:00 AM	9:00 PM	Ocean Breeze - Staten Island, NY	Departure Point: House 1	NL

Date: 2025-12-07