

Coaches:

• Christine Smalley, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	
Nov 21, 2025	Fri	Practice	N/A	3:00 PM		Middle/High School		LEAGUE
Nov 24, 2025	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School		
Nov 25, 2025	Tue	Practice	N/A	3:00 PM	4:45 PM	Middle/High School		
Dec 1, 2025	Mon	Practice	N/A	2:45 PM	4:30 PM	Middle/High School		
POSTPONED Dec 2, 2025	Tue	Practice	N/A	2:45 PM	4:30 PM	Middle/High School		
Dec 3, 2025	Wed	Practice	N/A	2:45 PM	4:30 PM	Middle/High School		
POSTPONED Dec 4, 2025	Thu	Regular Season (Meet at Utica College)	@ TBD	4:00 PM		Utica College Indoor Track Site	Departure Point: High School Departure Time: 2:45 PM	L
Dec 5, 2025	Fri	Practice	N/A	2:45 PM	4:30 PM	Middle/High School		
Dec 8, 2025	Mon	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 9, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 10, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 11, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 11, 2025	Thu	Regular Season (Meet at Utica College)	@ TBD	4:00 PM		Utica College Indoor Track Site	Departure Point: High School Departure Time: 2:45 PM	L
Dec 12, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 13, 2025	Sat	Regular Season (Meet at SRC areana on the OCC Campus)	@ TBD	9:00 AM	2:00 PM	SRC Areana at OCC Campus	Departure Point: High School Departure Time: 7:30 AM	L
Dec 15, 2025	Mon	Regular Season (Meet at Hamilton College)	@ TBD	4:00 PM		Hamilton College	Departure Point: High School Departure Time: 3:00 PM	L
Dec 16, 2025	Tue	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 17, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 18, 2025	Thu	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 19, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		

Date: 2025-12-06