

Coaches:

• Christine Smalley, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 21, 2025	Fri	Practice	N/A	3:00 PM	4:45 PM	Middle/High School		
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		
CANCELLED 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 12, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Dec 12, 2025	Fri	Regular Season (Meet at Utica College)	@ TBD	7:30 PM		Utica College Indoor Track Site	Departure Point: High School Departure Time: 6:00 PM	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	Regular Season (Meet at Utica College)	@ TBD	4:00 PM		Utica College Indoor Track Site	Departure Point: High School	L
Dec 19, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Middle/High School		
Jan 2, 2026	Fri	Regular Season (Meet at Colgate University)	@ TBD	12:30 PM		Colgate University	Departure Point: High School Departure Time: 11:30 AM	L
Jan 8, 2026	Thu	Regular Season (Supplemental Meet)	@ TBD	7:00 PM		MVCC	Departure Point: High School Departure Time: 5:30 PM	L
Jan 15, 2026	Thu	Regular Season (Supplemental Meet at MVCC)	@ TBD	7:00 PM		MVCC	Departure Point: High School Departure Time: 5:30 PM	L

DATE	WEEI DAY	K TYPE	OPPONENTS	START END	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 17, 2026	Sat	Regular Season (Meet at SRC areana on the OCC Campus)	@ TBD	3:00 PM	SRC Areana at OCC Campus	Departure Point: High School Departure Time: 1:30 PM	L
Jan 22, 2026	Thu	Regular Season (Meet at Utica College League Championship)	@ TBD	4:00 PM	Utica College Indoor Track Site	Departure Point: High School Departure Time: 2:45 PM	L
Feb 7, 2026	Sat	Post-Season (Sectionals at OCC)	@ TBD	3:00 PM	SRC Areana at OCC Campus	Departure Point: High School Departure Time: 1:15 PM	NL

Date: 2025-12-17