



# Mamaroneck (G) V Winter Track

**Coaches:**

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 12, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 13, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 14, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 15, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 18, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 19, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 20, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 21, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 22, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 25, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Nov 26, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 4, 2019	Wed	Practice	N/A	3:15 PM	5:00 PM	Fitness Center		
Dec 5, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 6, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 9, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 10, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 11, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 12, 2019	Thu	Regular Season (Frosh/Soph Meet)	@ TBD	4:30 PM		Rockland Community College		L
Dec 13, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 15, 2019	Sun	Regular Season (Kick-Off)	@ TBD	9:00 AM		Armory		L
Dec 16, 2019	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 17, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 18, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 19, 2019	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Dec 20, 2019	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 23, 2019	Mon	Practice	N/A	12:00 AM		Fitness Center		
Dec 27, 2019	Fri	Practice	N/A	12:00 AM		Fitness Center		
Dec 30, 2019	Mon	Practice	N/A	12:00 AM		Fitness Center		
Jan 2, 2020	Thu	Practice	N/A	12:00 AM		Fitness Center		
Jan 3, 2020	Fri	Practice	N/A	12:00 AM		Fitness Center		
Jan 6, 2020	Mon	Regular Season (Dendy 11 Meet)	@ TBD	4:30 PM		Rockland Community College		L
Jan 7, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 8, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 9, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 10, 2020	Fri	Regular Season (Suffern Invitational)	@ TBD	4:30 PM		Rockland Community College		L
Jan 12, 2020	Sun	Meet (League 1B Championship)	Vs. Multiple	4:00 PM	9:00 PM	Armory Track		NL
Jan 12, 2020	Sun	Regular Season (Leagues)	@ TBD	4:00 PM	9:00 PM	Armory		L
Jan 13, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 14, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 15, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 16, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 17, 2020	Fri	Regular Season (NB Games **needs qualifying time)	@ TBD	12:00 AM		Armory		L
Jan 21, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 22, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 23, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 24, 2020	Fri	Regular Season (West. Champs)	@ TBD	6:00 PM	10:00 PM	Armory		L
Jan 27, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 28, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 29, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 30, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Jan 31, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 2, 2020	Sun	Regular Season (Novice Meet)	@ TBD	6:00 PM	10:00 PM	Armory		L
Feb 3, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 4, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 5, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 5, 2020	Wed	Regular Season (Class A Champs **needs qualifying time )	@ TBD	5:00 PM	9:00 PM	Armory		L
Feb 6, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 7, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 10, 2020	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 11, 2020	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 12, 2020	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 13, 2020	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 14, 2020	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center		
Feb 23, 2020	Sun	Regular Season (State Qualifier **needs qualifying time)	@ TBD	9:00 AM	2:00 PM	Armory		L

Date: 2026-03-04