



Mamaroneck

(G) V Winter Track

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 15, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 16, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 17, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 18, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 21, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 22, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 23, 2022	Wed	Practice	N/A	12:15 PM	2:15 PM	Fitness Center, Cafe		
Nov 28, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 28, 2022	Mon	Regular Season	@ Rye Neck	3:45 PM	5:45 PM	Rye Neck HS		NL
Nov 29, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Nov 30, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 1, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 2, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 5, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 6, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 7, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 8, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 9, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 11, 2022	Sun	Regular Season (Kick-Off Meet)	@ TBD	9:00 AM		Armory		NL
Dec 12, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 14, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 15, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 15, 2022	Thu	Regular Season (Frosh-Soph Meet)	@ TBD	4:30 PM		Rockland Community College		NL
Dec 16, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 20, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 21, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Dec 22, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
CANCELLED Dec 23, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 3, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 4, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 4, 2023	Wed	Regular Season (Dendy Meet 2)	@ TBD	4:30 PM		Rockland Community College		NL
Jan 5, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 6, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 8, 2023	Sun	Regular Season (League Championship)	@ TBD	9:00 AM		Armory		L
Jan 9, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 10, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 11, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 12, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 13, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 15, 2023	Sun	Regular Season (Stanner Games)	@ TBD	9:00 AM		Armory		L
Jan 17, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 18, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 19, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 20, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 21, 2023	Sat	Regular Season (New Balance Games)	@ TBD	9:00 AM		Armory		L
Jan 23, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 24, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 25, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 26, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 27, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 28, 2023	Sat	Regular Season (Westchester County Championships)	@ TBD	5:00 PM		Armory		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 30, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Jan 31, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 1, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 1, 2023	Wed	Regular Season (Novice Meet)	@ TBD	5:00 PM	11:00 PM	Armory		L
Feb 2, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 3, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 6, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 7, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 8, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 9, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 10, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 13, 2023	Mon	Regular Season (Class AA Championships)	@ TBD	5:30 PM		Armory		L
Feb 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 15, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Fitness Center, Cafe		
Feb 19, 2023	Sun	Regular Season (State Qualifier)	@ TBD	9:00 AM		Armory		L
Feb 28, 2023	Tue	Regular Season (Eastern states)	@ TBD	5:30 PM		Armory		L
Mar 4, 2023	Sat	Regular Season (NY State Championships)	@ TBD	8:30 AM		Ocean Breeze Athletic Complex		L

Date: 2025-12-19