



# Norwich

## (B) V Winter Track

### Coaches:

- Shaun Horan, Head Coach
- Tom Stoddard, Asst Coach
- Mark Dye, Volunteer
- Sydney Chaffee, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 21, 2022	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Nov 22, 2022	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Nov 23, 2022	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Nov 28, 2022	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Nov 29, 2022	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Nov 30, 2022	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 1, 2022	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 5, 2022	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 6, 2022	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 7, 2022	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 8, 2022	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 8, 2022	Thu	Regular Season (Weight Throw Only - Cortland )	@ TBD	TBD		TBD	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 5:15 PM		L
Dec 9, 2022	Fri	Regular Season (Finger Lakes Invite - Cortland )	@ TBD	2:00 PM		TBD	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:00 PM		NL
Dec 9, 2022	Fri	Regular Season (Weight Throw at Cortland St.)	@ TBD	6:00 PM		SUNY Cortland			L
Dec 10, 2022	Sat	Regular Season (Hurley Invite at SUNY Cortland )	@ TBD	9:00 AM		SUNY Cortland	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:00 AM		L
Dec 12, 2022	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 13, 2022	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 14, 2022	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 15, 2022	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 17, 2022	Sat	Regular Season (Finger Lakes Invite at SUNY Cortland)	@ TBD	9:00 AM		SUNY Cortland	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:00 AM		NL
Dec 19, 2022	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 20, 2022	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 21, 2022	Wed	Regular Season (DiMao Invite at Colgate University)	@ TBD	5:00 PM		TBD	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 3:45 PM		NL
Dec 22, 2022	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 23, 2022	Fri	Practice	N/A	9:00 AM	10:30 AM	NHS Fitness Room			
Dec 26, 2022	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 27, 2022	Tue	Practice	N/A	9:00 AM	10:30 AM	NHS Fitness Room			
Dec 27, 2022	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Dec 28, 2022	Wed	Regular Season (CNY Classic at Utica College)	@ TBD	11:45 AM		Utica College	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 9:45 AM		NL
Dec 29, 2022	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 2, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 3, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 4, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 5, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 6, 2023	Fri	Regular Season (Weight Throw at Cortland St.)	@ TBD	6:00 PM		SUNY Cortland			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 7, 2023	Sat	Regular Season (607 Invite at SUNY Cortland)	@ TBD	1:00 PM		SUNY Cortland			NL
							<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 11:00 AM		
Jan 9, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 10, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 11, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 12, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 13, 2023	Fri	Regular Season (Weight Throw at SUNY Cortland)	@ TBD	6:00 PM		SUNY Cortland			NL
Jan 14, 2023	Sat	Regular Season (Winterfest Invite at SUNY Cortland )	@ TBD	9:00 AM		SUNY Cortland			NL
							<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 7:00 AM		
Jan 16, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 17, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 18, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 19, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 20, 2023	Fri	Regular Season (Quinney Invite at Ithaca College)	@ TBD	5:00 PM		Ithaca College	<b>Class Dismissal:</b> 2:30 PM		NL
							<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:45 PM		
Jan 23, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 24, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 25, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 26, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Jan 28, 2023	Sat	Regular Season (Section IV Classic at Cornell)	@ TBD	9:00 AM		Cornell University			NL
							<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 6:45 AM		
Jan 30, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 1, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 2, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 6, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 7, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 8, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 9, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 10, 2023	Fri	Regular Season (Section IV Championships)	@ TBD	5:00 PM		Ithaca College	<b>Class Dismissal:</b> 2:30 PM	<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 2:45 PM	NL
Feb 13, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 14, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 15, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 16, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 20, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 21, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 22, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 23, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 25, 2023	Sat	Regular Season (State Qualifiers at Cornell)	@ TBD	9:00 AM		Cornell University		<b>Departure Point:</b> High School Gym Doors <b>Departure Time:</b> 6:45 AM	NL
Feb 27, 2023	Mon	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Feb 28, 2023	Tue	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 1, 2023	Wed	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			
Mar 2, 2023	Thu	Practice (Indoor Track Fitness Room)	N/A	3:15 PM	4:30 PM	NHS Fitness Room			

Date: 2024-05-17