

# Canastota

## (B) V Winter Track

### Coaches:

- Tabitha Gaglianese-White
- Jennifer Nolan, Assistant Coach

| DATE         | WEEK DAY | TYPE                               | OPPONENTS | START TIME | END TIME | LOCATION                 | TRANSPORTATION                    | LEAGUE / NON-LEAGUE |
|--------------|----------|------------------------------------|-----------|------------|----------|--------------------------|-----------------------------------|---------------------|
| Nov 15, 2021 | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 16, 2021 | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 17, 2021 | Wed      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 18, 2021 | Thu      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 19, 2021 | Fri      | Practice                           | N/A       | 2:30 PM    | 4:00 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 22, 2021 | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 23, 2021 | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 29, 2021 | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Nov 30, 2021 | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 1, 2021  | Wed      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 2, 2021  | Thu      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 3, 2021  | Fri      | Regular Season (Indoor Track Meet) | @ TBD     | 4:30 PM    |          | Utica College            | <b>Departure Time:</b><br>3:00 PM | L                   |
| Dec 6, 2021  | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 7, 2021  | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 8, 2021  | Wed      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 9, 2021  | Thu      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Dec 10, 2021 | Fri      | Regular Season (Indoor Track Meet) | @ TBD     | 4:00 PM    |          | Utica College            | <b>Departure Time:</b><br>3:00 PM | NL                  |
| Dec 13, 2021 | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Dec 14, 2021 | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Dec 15, 2021 | Wed      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Dec 16, 2021 | Thu      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Dec 17, 2021 | Fri      | Regular Season (Indoor Track Meet) | @ TBD     | 4:30 PM    |          | Utica College            | <b>Departure Time:</b><br>3:00 PM | L                   |
| Dec 20, 2021 | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Dec 21, 2021 | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Dec 22, 2021 | Wed      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Fitness Center, Hallways |                                   |                     |
| Jan 3, 2022  | Mon      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |
| Jan 4, 2022  | Tue      | Practice                           | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center |                                   |                     |

| DATE         | WEEK DAY | TYPE                                         | OPPONENTS | START TIME | END TIME | LOCATION                   | TRANSPORTATION                    | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------------------------------------|-----------|------------|----------|----------------------------|-----------------------------------|---------------------|
| Jan 5, 2022  | Wed      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center   |                                   |                     |
| Jan 6, 2022  | Thu      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center   |                                   |                     |
| Jan 7, 2022  | Fri      | Regular Season (Indoor Track Meet)           | @ TBD     | 4:30 PM    |          | Utica College              | <b>Departure Time:</b><br>3:00 PM | L                   |
| Jan 10, 2022 | Mon      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center   |                                   |                     |
| Jan 11, 2022 | Tue      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center   |                                   |                     |
| Jan 12, 2022 | Wed      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center   |                                   |                     |
| Jan 13, 2022 | Thu      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways, Fitness Center   |                                   |                     |
| Jan 14, 2022 | Fri      | Regular Season                               | @ TBD     | 4:30 PM    |          | Utica College              | <b>Departure Time:</b><br>3:00 PM | L                   |
| Jan 20, 2022 | Thu      | Regular Season (Indoor Track Meet)           | @ TBD     | 4:30 PM    |          | Utica College              | <b>Departure Time:</b><br>3:00 PM | L                   |
| Jan 24, 2022 | Mon      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Jan 25, 2022 | Tue      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Jan 26, 2022 | Wed      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Jan 27, 2022 | Thu      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Jan 28, 2022 | Fri      | Regular Season (Indoor League Meet)          | @ TBD     | TBD        |          | Utica College              | <b>Departure Time:</b><br>2:30 PM | L                   |
| Jan 31, 2022 | Mon      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Feb 1, 2022  | Tue      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Feb 2, 2022  | Wed      | Practice                                     | N/A       | 3:00 PM    | 4:30 PM  | Hallways                   |                                   |                     |
| Feb 5, 2022  | Sat      | Post-Season (Indoor Sectional Championships) | @ TBD     | 10:00 AM   |          | Onondaga Community College | <b>Departure Time:</b><br>8:45 AM | NL                  |
| Feb 16, 2022 | Wed      | Post-Season (Indoor NYS Qualifiers)          | @ TBD     | 4:00 PM    |          | Onondaga Community College | <b>Departure Time:</b><br>2:30 PM | NL                  |

Date: 2024-11-26