



Cato-Meridian

(G) V Winter Track (Blue Devils)

Coaches:

- Ryan Ellis
- Donna Cappellano

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 15, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 16, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 17, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 18, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 19, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 21, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 22, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 23, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 25, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 26, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 28, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	Phoenix Middle School		
Nov 29, 2022	Tue	Practice	N/A	3:15 AM	5:15 AM	TBD		
Nov 30, 2022	Wed	Practice	N/A	3:15 AM	5:15 AM	TBD		
Dec 2, 2022	Fri	Practice	N/A	3:15 AM	5:15 AM	TBD		
Dec 3, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 5, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 6, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 7, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 8, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 9, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 13, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 14, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
POSTPONED Dec 15, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
POSTPONED Dec 16, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 20, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 21, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 22, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
POSTPONED Dec 23, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Dec 24, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 26, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 27, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 29, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 30, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
Dec 31, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jan 2, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jan 3, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 4, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 5, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 6, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 9, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 10, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 11, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 13, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 14, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jan 16, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jan 17, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 18, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 19, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 20, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 23, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 24, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
POSTPONED Jan 25, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 26, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 27, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 28, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jan 30, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Jan 31, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Feb 1, 2023	Wed	Post-Season (OHSL League Championship Meet)	TBD	4:30 PM	9:30 PM	OCC	Departure Time: 2:30 PM	L
Feb 2, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Feb 3, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Feb 4, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Feb 6, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Feb 7, 2023	Tue	Post-Season (Sectional Championships)	TBD	4:30 PM	9:30 PM	OCC	Departure Time: 2:30 PM	NL
Feb 8, 2023	Wed	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Jr. Sr. High School		
Feb 9, 2023	Thu	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Jr. Sr. High School		
Feb 10, 2023	Fri	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Jr. Sr. High School		
Feb 11, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Jr. Sr. H S Gym		
Feb 13, 2023	Mon	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Jr. Sr. High School		
Feb 14, 2023	Tue	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Jr. Sr. High School		
Feb 15, 2023	Wed	Post-Season (NYS Qualifyers)	TBD	4:30 PM	9:30 PM	OCC		NL

Date: 2024-07-18