

Coaches:

• Dan Clark

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE NON- LEAGUE |
|--------------------------|-------------|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------|-------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------|
| Apr 2, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 3, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 4, 2024 | Thu | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 5, 2024 | Fri | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 9, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 11, 2024 | Thu | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 12, 2024 | Fri | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 15, 2024 | Mon | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 16, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 17, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 18, 2024 | Thu | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 29, 2024 | Mon | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Apr 30, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 1, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 2, 2024 | Thu | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 3, 2024 | Fri | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| POSTPONED May 6, 2024 | Mon | Regular Season | Holland Patent | 4:00 PM | | JFK Track | | L |
| May 7, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 8, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 9, 2024 | Thu | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 10, 2024 | Fri | Regular Season | Holland Patent @ Rome Free Academy | 4:30 PM | | Stadium Track and Field | Departure Date: May 10, 2024 | L |
| May 13, 2024 | Mon | Regular Season (TVL League Meets) | Camden, Central Valley Academy, Holland Patent, New Hartford, Oneida, Utica Proctor (DMS), Vernon-Verona- Sherrill, Whitesboro @ Rome Free Academy | 4:00 PM | | Stadium Track and Field | Departure Point: JFK Gym Doors (Dumpsters) Departure Date: May 13, 2024 Departure Time: 2:45 AM | L |
| May 14, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 15, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |

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|--------------------------|-------------|----------------|------------------------------|---------------|-------------|------------------------------------|----------------------------------------|----------------------------|
| May 16, 2024 | Thu | Regular Season | @ Vernon-Verona- Sherrill | 4:00 PM | | Track | | L |
| May 20, 2024 | Mon | Regular Season | @ Oneida | 4:00 PM | | HS Track | Departure Date: May 20, 2024 | L |
| May 21, 2024 | Tue | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 22, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 23, 2024 | Thu | Regular Season | Central Valley Academy | 4:00 PM | | JFK Track | | L |
| May 27, 2024 | Mon | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 29, 2024 | Wed | Regular Season | @ Whitesboro | 4:00 PM | | Ed Wadas Complex High School | Departure Date: May 29, 2024 | L |
| May 30, 2024 | Thu | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| May 31, 2024 | Fri | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Jun 3, 2024 | Mon | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| Jun 4, 2024 | Tue | Regular Season | @ New Hartford | 4:00 PM | | HS Track | Departure Date: Jun 4, 2024 | L |
| Jun 5, 2024 | Wed | Practice | N/A | 2:20 PM | 4:00 PM | JFK Track | | |
| POSTPONED Jun 6, 2024 | Thu | Regular Season | @ Utica Proctor (DMS) | 4:15 PM | | PHS HS Track | | L |

Date: 2024-05-17