

Coaches:

- Heather Monroe
- Jerry Tine

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|----------------------------------|--------------------------------|---------------------|
| Dec 1, 2023 | Fri | Regular Season (@ Utica University) | @ TBD | 4:30 PM | | UTICA COLLEGE INDOOR TRACK | Departure Time: 3:15 PM | L |
| Dec 7, 2023 | Thu | Regular Season (@ MVCC) | @ TBD | 4:30 PM | | MVCC Field House | | L |
| Dec 12, 2023 | Tue | Regular Season (@ Hamilton College) | @ TBD | 4:30 PM | | TBD | Departure Time: 3:15 PM | L |
| Dec 15, 2023 | Fri | Regular Season (@ Utica University) | @ TBD | 4:30 PM | | UTICA COLLEGE INDOOR TRACK | Departure Time: 3:15 PM | L |
| Dec 19, 2023 | Tue | Regular Season (@ Colgate University) | @ TBD | 4:30 PM | | TBD | Departure Time: 3:15 PM | L |
| Dec 27, 2023 | Wed | Regular Season (Invitational @ Utica University) | @ TBD | TBD | | UTICA COLLEGE INDOOR TRACK | Departure Time: 9:00 AM | NL |
| Jan 4, 2024 | Thu | Regular Season (@ Colgate University) | @ TBD | 4:30 PM | | TBD | Departure Time: 3:15 PM | L |
| Jan 11, 2024 | Thu | Regular Season (@ MVCC) | @ TBD | 4:30 PM | | MVCC Field House | | L |
| Jan 13, 2024 | Sat | Regular Season (Invitational @ Utica University) | @ TBD | TBD | | UTICA COLLEGE INDOOR TRACK | Departure Time: 8:00 AM | NL |
| Jan 18, 2024 | Thu | Regular Season (@ MVCC) | @ TBD | 4:30 PM | | MVCC Field House | | L |
| Jan 20, 2024 | Sat | Regular Season (@ OCC) | @ TBD | TBD | | OCC | Departure Time: 6:00 AM | L |
| Feb 2, 2024 | Fri | Regular Season (@ OCC) | @ TBD | TBD | | OCC | Departure Time: 3:00 PM | L |
| Feb 6, 2024 | Tue | Post-Season (Sectionals @ OCC) | @ TBD | TBD | | (OCC) Onondaga Community College | Departure Time: 3:00 PM | NL |
| Feb 14, 2024 | Wed | Post-Season (State Qualifiers @ OCC) | @ TBD | TBD | | (OCC) Onondaga Community College | Departure Time: 3:00 PM | NL |
| Mar 1, 2024 | Fri | Post-Season (NYSPHSAA MEET @ Ocean Breeze Staten Island, NY) | @ TBD | TBD | | TBD | Departure Time: 9:00 AM | L |
| Mar 2, 2024 | Sat | Post-Season (NYSPHSAA MEET @ Ocean Breeze Staten Island, NY) | @ TBD | TBD | | TBD | | NL |

Date: 2024-05-19