



Westmoreland (G) V Outdoor Track

Coaches:

- Greg Williams
- Jason Livingston

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 12, 2024	Tue	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Mar 13, 2024	Wed	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Mar 14, 2024	Thu	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Mar 18, 2024	Mon	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Mar 19, 2024	Tue	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Accelerate Sports Complex		
Mar 20, 2024	Wed	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Accelerate Sports Complex		
Mar 21, 2024	Thu	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Accelerate Sports Complex		
Mar 22, 2024	Fri	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	3:30 PM	weight room		
Mar 25, 2024	Mon	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Upper Elem/MS Gym		
Mar 26, 2024	Tue	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Upper Elem/MS Gym		
Mar 27, 2024	Wed	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	HS Gym		
Mar 28, 2024	Thu	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Upper Elem/MS Gym		
Mar 29, 2024	Fri	Practice (Outdoor Track (Girls) Practice)	N/A	2:30 PM	4:00 PM	Upper Elem/MS Gym		
Apr 9, 2024	Tue	Regular Season	Oriskany, Remsen	4:30 PM		Westmoreland HS		L
Apr 16, 2024	Tue	Regular Season	Mount Markham @ Sauquoit Valley	4:30 PM		Stadium Field	Departure Time: 3:15 PM	L
Apr 18, 2024	Thu	Regular Season	Waterville, Town of Webb UFSD (Varsity Girls Track), Living Word Academy	4:30 PM		Westmoreland HS		L
Apr 30, 2024	Tue	Regular Season	Sauquoit Valley, Cazenovia @ Morrisville-Eaton	4:30 PM		Middle/High School Track Stadium	Departure Time: 3:00 PM	L
May 2, 2024	Thu	Regular Season	@ Cooperstown	4:30 PM		Lambert Field	Departure Time: 3:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 7, 2024	Tue	Regular Season	Poland, Town of Webb UFSD (Varsity Girls Track)	4:30 PM		Westmoreland HS		L
May 11, 2024	Sat	Regular Season (queensbury invitational)	@ TBD	9:30 AM		TBD	Departure Time: 6:30 AM	L
May 13, 2024	Mon	Post-Season (CSC Steeple event scoring)	Morrisville-Eaton, Mount Markham, Cooperstown, Sauquoit Valley, Waterville, Hamilton, Poland, New York Mills, Town of Webb UFSD (Varsity Girls Track), Remsen @ Oriskany	5:00 PM		Bernie Block Field @ Walbran Elementary Campus		L
May 14, 2024	Tue	Regular Season (CSC Division III and IV Championships. Coaches Meeting at 3:00)	Morrisville-Eaton, Mount Markham, Cooperstown, Waterville, Hamilton, Poland, New York Mills, Oriskany, Remsen, Town of Webb UFSD (Varsity Girls Track), TBD @ Sauquoit Valley	3:30 PM		Stadium Field	Departure Time: 2:30 PM	L
May 17, 2024	Fri	Regular Season (Deruyter track invitational)	@ TBD	4:00 PM		TBD	Departure Time: 2:15 PM	L

Date: 2025-12-06