

Coaches:

- Phil Longo, Head Coach
- Robert Nicholson, Jr., Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
POSTPONED Apr 9, 2025	Wed	Regular Season	Cincinnatus @ DeRuyter	4:30 PM		DeRuyter HS Track		L
Apr 17, 2025	Thu	Regular Season (Co-Ed Track and Field Invitational)	@ Utica Proctor	3:45 PM		PHS Stadium (Turf Field/Track)		L
Apr 23, 2025	Wed	Regular Season	Tully, Manlius Pebble Hill @ Onondaga Central (OCS/Laf)	4:30 PM		Stadium		L
Apr 25, 2025	Fri	Meet (Kicking Cancer Invitational)	Vs. Multiple	4:00 PM		Oswego Middle School		NL
Apr 30, 2025	Wed	Regular Season	Cincinnatus, Faith Heritage @ Onondaga Central (OCS/Laf)	4:30 PM		Stadium		L
May 3, 2025	Sat	Regular Season	@ TBD	10:00 AM		ESM High School - Stadium		L
May 3, 2025	Sat	Regular Season (ESM Track Invitational)	Chittenango, Homer, Cazenovia, Central Square, Mexico, Baldwinsville, Cicero- North Syracuse, Tully, Phoenix, Skaneateles, Living Word Academy, Cortland, Pulaski @ East Syracuse Minoa	10:00 AM	4:00 PM	ESM High School - Stadium		NL
May 7, 2025	Wed	Regular Season	Tully, Cincinnatus @ Fabius-Pompey	4:30 PM		Fabius- Pompey H S		L
May 12, 2025	Mon	Regular Season	Manlius Pebble Hill, Cincinnatus @ DeRuyter	4:00 PM		DeRuyter HS Track		L
May 14, 2025	Wed	Regular Season	Faith Heritage, Manlius Pebble Hill, Cincinnatus, DeRuyter, Fabius-Pompey, Tully @ Onondaga Central (OCS/Laf)	4:30		Stadium		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME		TRANSPORTATION	LEAGUE / NON- LEAGUE
May 23, 2025	Fri	Regular Season (CNS Invitational)	Adirondack, Auburn, Baldwinsville, Canastota, Carthage, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Chenango Valley, Chittenango, Corcoran Fabius-Pompey, Faith Heritage, Hannibal, Holland Patent, Indian River, Irondequoit, Institute of Technology Syracuse, Jamesville-Dewitt, Mexico, Morrisville-Eaton, New Hartford, Nottingham, Ogdensburg, OnTech High School, Oneida, Onondaga Central (OCS/Laf), Phoenix, Utica Proctor, Pulaski, Saranac Lake, Solvay, South Jefferson, South Lewis, Tully, West Canada Valley, West Genesee, Westhill, Whitesboro @ Cicero-North Syracuse	4:30 PM	8:45 PM	CNS HS- Bragman Stadium		L
May 30, 2025	Fri	Post-Season (Sectionals)	Tully, Cato-Meridian (Blue Devils), Sauquoit Valley, Utica Academy of Science, South Lewis, Cooperstown, Weedsport, Beaver River, Westmoreland, OnTech High School, Port Byron, Sandy Creek, Waterville @ West Canada Valley			WCV Track		NL

Date: 2025-12-06