

## Coaches:

- Brittany Carpenter
- Hannah Mellino

Mar 27, 2023 Mar 28, 2023	Mon Tue Wed	Practice	N/A	2.00			LEAGUE
		Dractica		3:00 PM	4:30 PM	JC HS Track	
M 00 . 0000	Wed	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Mar 29, 2023		Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Mar 30, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Mar 31, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 3, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 4, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 6, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 11, 2023	Tue	Practice	N/A	8:00 AM	9:00 AM	JC HS Track	
Apr 12, 2023	Wed	Practice	N/A	8:00 AM	9:00 AM	JC HS Track	
Apr 13, 2023	Thu	Practice	N/A	8:00 AM	9:00 AM	JC HS Track	
Apr 17, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 18, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 19, 2023	Wed		Susquehanna Valley, Ithaca, Chenango Forks	5:30 PM	7:00 PM	JC Wildcat Stadium	L
Apr 20, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 21, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	JC HS Track	
Apr 24, 2023	Mon	Regular Season	Seton Catholic Central, Binghamton @ Elmira (Elmira Express)	5:30 PM		EDA Track	L
Apr 25, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
Apr 26, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
Apr 27, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
Apr 28, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
May 1, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
May 2, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
May 3, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	
May 4, 2023	Thu	Regular Season	Union-Endicott @ Horseheads	5:30 PM		HHS HS Stadium Field 1	L
May 5, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	JC HS Track	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 8, 2023	Mon	Regular Season	Ithaca @ Vestal	5:30 PM		Vestal Dick Hoover Stadium		L
May 9, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
May 10, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
May 11, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
May 12, 2023	Fri	•	Windsor, Norwich @ Owego Apalachin	5:30 PM		OFA Stadium		L
May 15, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
May 16, 2023	Tue	Regular Season	Binghamton, Vestal, Union- Endicott	5:30 PM	7:00 PM	JC Wildcat Stadium		L
May 17, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	JC HS Track		
May 18, 2023	Thu	Regular Season	Chenango Valley, Oneonta @ Maine-Endwell	5:30 PM		Maine-Endwell HS Turf	<b>Departure Time:</b> 4:45 PM	L
Jun 5, 2023	Mon	Regular Season	@ TBD	5:00 PM	8:00 PM	UEHS Mike Miller Track	<b>Departure Time:</b> 4:15 PM	L

Date: 2024-05-15