Coaches:



• Shannon Gawronski

DATE	WEEK	TYPE	OPPONENTS	START E	END FIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 12, 2023	Wed	Regular Season (MAC Meet)	Delaware Academy, Harpursville (Afton/Harpur), Unatego @ Unadilla Valley (UV)	4:30 PM		Stadium Field		L
Apr 12, 2023	Wed	Regular Season	@ Unadilla Valley (UV)	5:00 PM		Stadium Field	Departure Point: high school	L
Apr 19, 2023	Wed	Regular Season (MAC Meet #3)	Unatego, Sidney, Harpursville (Afton/Harpur) @ Bainbridge Guilford	4:30 PM		Bainbridge- Guilford Track and Field Complex		L
Apr 19, 2023	Wed	Regular Season (MAC Meet)	Deposit (Deposit- Hancock), Unadilla Valley (UV), Walton @ Delaware Academy	4:30 PM		Track and Field Complex		L
Apr 22, 2023	Sat	Regular Season (Quinney Invite)	Harpursville (Afton/Harpur), Schenevus (Schenevus/Worcester), Unadilla Valley (UV), Deposit (Deposit- Hancock), Bainbridge Guilford, Delaware Academy, Edmeston (Morris/Edmeston), Walton, Chenango Valley, Norwich, Oneonta, Newark Valley Unatego, Greene (Greene/Oxford), Laurens (Laurens/Milford), Whitney Point, Cooperstown @ Sidney	10:00 AM		Sidney HS Track		NL
Apr 24, 2023	Mon	Regular Season (MAC Meet #1)	Sidney, Bainbridge Guilford, Unadilla Valley (UV) @ Greene (Greene/Oxford)	4:30 PM		Greene High School Track		L
Apr 26, 2023	Wed	Regular Season (MAC Meet)	Delaware Academy, Harpursville (Afton/Harpur), Unatego @ Deposit (Deposit- Hancock)	4:30 PM		Ron O'Connell Athletic Stadium		L
Apr 26, 2023	Wed	Regular Season (MAC Meet #4)	Sidney, Bainbridge Guilford, Unadilla Valley (UV) @ Walton	4:30 PM		Walton Track		L
May 5, 2023	Fri	Regular Season (REK)	Unatego, Bainbridge Guilford, DeRuyter, Edmeston (Morris/Edmeston), Sherburne-Earlville, Cincinnatus, Deposit (Deposit-Hancock), Morrisville-Eaton, Unadilla Valley (UV), Sidney @ Norwich	PM F	9:00 PM	NHS Stadium (Turf Field)		NL
May 6, 2023	Sat	Regular Season (Invitational)	@ Cooperstown	1:30 PM		Lambert Field		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START E	IND LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 8, 2023	Mon	Regular Season (MAC Relays)	Deposit (Deposit- Hancock), Bainbridge Guilford, Greene (Greene/Oxford), Unadilla Valley (UV), Harpursville (Afton/Harpur), Unatego, Delaware Academy, Walton @ Sidney	4:15 PM	Sidney HS Track		L
May 17, 2023	Wed	Regular Season (MAC Championships)	Ùnadilla Valley (UV),	4:15 PM	Sidney HS Track		L
May 24, 2023	Wed	Post-Season (Class C Championship)	@ Newark Valley	3:30 PM	Newark Valley High School		NL

Date: 2025-12-05