

## Coaches:

- Bryce DeSantis, Head Coach
- Tim Hamilton, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 13, 2023	Mon	Practice (First day of practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 14, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 14, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	MS Gym			
Mar 15, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 15, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	MS Gym			
Mar 16, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	MS Gym			
Mar 16, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 17, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 20, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 21, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 22, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 23, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 24, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
POSTPONED Mar 27, 2023	Mon	Regular Season (Week 2)	Union Springs @ Groton	4:30 PM		Groton High Track/Practice Field	Bus/Driver: Denise Blass	Departure Point: High School 164 Departure Time: 3:00 PM	L
Mar 28, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 29, 2023	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 30, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Mar 31, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Apr 3, 2023	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Apr 3, 2023	Mon	Regular Season 93-23-39 W	Union Springs @ Groton	4:30 PM		Groton High Track/Practice Field	Bus/Driver: Stacy Wright	Departure Point: High School no bus # listed Departure Time: 3:00 PM	L
Apr 4, 2023	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Apr 6, 2023	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			
Apr 7, 2023	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Weight Room			

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Apr 17, 2023	Mon	Regular Season (Week 5) 73-27-52 W	Marathon @ Southern Cayuga	4:30 PM		Southern Cayuga HS Track	Bus/Driver: Trumansburg Central School	<b>Departure Point:</b> High School	L
Apr 24, 2023	Mon	Regular Season (Week 6) 75-62-0 W	Moravia, Whitney Point	4:30 PM		Stadium Field	Bus/Driver: Trumansburg Central School	Departure Point: High School	L
Apr 28, 2023	Fri	Regular Season (ITHACA RELAYS)	Candor (Candor), Newark Valley, Groton, Binghamton, TBD, Union- Endicott, Odessa- Montour, TBD @ Ithaca		9:30 PM	IHS Moresco Stadium			NL
POSTPONED May 1, 2023	Mon	Regular Season (Week 7)	Dryden @ Lansing	4:30 PM		Lansing Varsity Field (Sobus)	Bus/Driver: Trumansburg Central School	Departure Point: High School	L
May 5, 2023	Fri	Regular Season (Legends of the Night)	Elmira Heights, South Seneca, Groton, Moravia, Tioga, Watkins Glen, Union Springs @ Odessa- Montour	4:30 PM		Charles Martin Field			NL
May 8, 2023	Mon	Regular Season (Week 8)	Dryden, Lansing, Whitney Point @ Marathon	4:30 PM		Marathon H S	Bus/Driver: Trumansburg Central School	<b>Departure Point:</b> High School	L
May 12, 2023	Fri	Regular Season (South Seneca Invitational)	@ South Seneca	5:00 PM		South Seneca M/HS	Bus/Driver: Trumansburg Central School	Departure Point: High School	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 17, 2023	Wed	Regular Season (IAC Championships)	Watkins Glen, Newark Valley, Waverly, Newfield, Spencer- Van Etten, Tioga, Candor (Candor), Elmira Heights @ Dryden	4:45 PM		Dryden High School Stadium	Bus/Driver: Stacy Wright	Departure Point: High School 164 Departure Time: 3:00 PM	L
May 18, 2023	Thu	Regular Season (IAC Championships)	Southern Cayuga, Groton, Lansing, Union Springs, Marathon, Moravia, Whitney Point, Notre Dame, Elmira, Odessa- Montour, Watkins Glen, Newark Valley, Waverly, Newfield, Spencer- Van Etten, Tioga, Candor (Candor), Elmira Heights @ Dryden	4:45 PM		Dryden High School Stadium		Departure Point: High School 164 Departure Time: 3:00 PM	L
May 24, 2023	Wed	Regular Season (Week 10: Section IV Class D Meet)	@ Newark Valley	3:30 PM		Newark Valley High School	Bus/Driver: Stacy Wright	Departure Point: High School Bus 164 Departure Time: 1:45 PM	L
May 31, 2023	Wed	Post-Season (State Qualifiers at Union Endicott)	@ Union- Endicott	5:00 PM		UEHS Mike Miller Track	Bus/Driver: Trumansburg Central School Class Dismissal: 2:20 PM	Departure Point: High School Departure Time: 2:30 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jun 1, 2023	Thu	Post-Season (State Qualifiers at Union Endicott)	@ Union- Endicott	5:00 PM	UEHS Mike Miller Track	School	Departure Point: High School Departure Time: 2:30 PM	L

Date: 2024-05-01