

## Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 11, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	HS Gym	
Mar 12, 2024	Tue	Practice	N/A	3:30 PM	5:00 PM	Weight Room, MS Gym	
Mar 13, 2024	Wed	Practice	N/A	3:30 PM	5:00 PM	Weight Room, MS Gym	
Mar 14, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 18, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 19, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 20, 2024	Wed	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 21, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 22, 2024	Fri	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 25, 2024	Mon	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 26, 2024	Tue	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Mar 27, 2024	Wed	Scrimmage	Odessa-Montour	4:30 PM		Stadium Field	NL
Mar 28, 2024	Thu	Practice	N/A	3:30 PM	5:30 PM	Weight Room	
Apr 15, 2024	Mon	Regular Season	Lansing, Newark Valley, Elmira Heights, Dryden	4:30 PM		Stadium Field	L
CANCELLED Apr 22, 2024	Mon	Regular Season	Notre Dame, Elmira	4:30 PM		Stadium Field	L
Apr 26, 2024	Fri	Regular Season (Ithaca Relays and Races)	Newark Valley, Geneva, Rome Free Academy, West Canada Valley, Lansing, Candor (Candor), Groton, Solvay, Horseheads, Tioga, Auburn, Maine- Endwell, Newfield @ Ithaca	5:00 PM	10:00 PM	IHS Moresco Stadium	L
May 1, 2024	Wed	Regular Season	Watkins Glen, Notre Dame, Elmira @ Elmira Heights	4:30 PM		Edison High School	L
May 3, 2024	Fri	Regular Season (Legends of the Night Invitational)	Union Springs, Spencer-Van Etten @ Odessa-Montour	4:30 PM		Charles Martin Field	NL
May 15, 2024	Wed	Regular Season (IAC Championships TBD at Dryden or Trumansburg)	Whitney Point	4:30 PM		Stadium Field	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION TRANSPORTATION	LEAGUE / NON- LEAGUE
May 15, 2024	Wed	Post-Season (IAC CHAMPIONSHIP @ TRUMANSBURG HS)	Elmira Heights	4:30 PM		Stadium Field	L
May 15, 2024	Wed	Regular Season (IAC Championships Day 1)	Odessa-Montour	4:30 PM		Stadium Field	L
May 15, 2024	Wed	Post-Season (IAC Championships)	Newfield	4:45 PM	10:00 PM	Stadium Field	L
May 15, 2024	Wed	Post-Season (IAC Championships)	Spencer-Van Etten	4:45 PM		Stadium Field	L
May 16, 2024	Thu	Regular Season (IAC League Championships TDB at Dryden or Trumansburg)	: Whitney Point	4:30 PM		Stadium Field	L
May 16, 2024	Thu	Regular Season (IAC Championships Day 2)	Odessa-Montour	4:30 PM		Stadium Field	L
May 16, 2024	Thu	Post-Season (IAC Championships)	Spencer-Van Etten	4:45 PM		Stadium Field	L
May 16, 2024	Thu	Regular Season (IAC Championships)	Newfield	4:45 PM	10:00 PM	Stadium Field	L
May 29, 2024	Wed	Post-Season (State Qualifier Meet)	@ Union-Endicott	4:30 PM		UEHS Mike Miller 2:30 PM	NL
May 30, 2024	Thu	Post-Season (State Qualifiers at Union Endicott)	@ Union-Endicott	4:30 PM		UEHS Mike Miller Track	NL

Date: 2025-12-05