## Coaches:



- Mike Terboss
- Tom Mitchell

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 18, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field pre-season Fitness)	N/A	2:30 PM	3:30 PM	UEHS Weight Room		
Mar 20, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field pre-season Fitness)	N/A	2:30 PM	3:30 PM	UEHS Weight Room		
Mar 25, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field pre-season Fitness)	N/A	2:30 PM	3:30 PM	UEHS Weight Room		
Mar 27, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field pre-season Fitness)	N/A	2:30 PM	3:30 PM	UEHS Weight Room		
Apr 1, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:30 PM	4:00 PM	Jennie F Snapp MS Main Gym		
Apr 2, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:30 PM	4:00 PM	Jennie F Snapp MS Main Gym		
Apr 3, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 4, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 5, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 8, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	<b>DEPARTURE TRANSPORTATION</b>	LEAGUE / NON- LEAGUE
Apr 9, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 10, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 11, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 12, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 17, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	11:00 AM	12:30 PM	UEHS Mike Miller Track		
Apr 18, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	11:00 AM	12:30 PM	UEHS Mike Miller Track		
Apr 19, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	11:00 AM	12:30 PM	UEHS Mike Miller Track		
Apr 23, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 24, 2019	Wed	Regular Season	Binghamton, Oneonta, Corning-Painted Post	4:30 PM	6:30 PM	UEHS Mike Miller Track		L
Apr 25, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 26, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		
Apr 27, 2019	Sat	Regular Season	Ithaca, Owego Apalachin, Oneonta	4:30 PM	7:30 PM	UEHS Mike Miller Track		L
Apr 29, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 29, 2019	Mon	Regular Season	Binghamton, Vestal @ Johnson City	5:00 PM	6:30 PM	JC HS Track	<b>Bus/Driver:</b> DB2	Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM	L
Apr 30, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 1, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 2, 2019	Thu	Regular Season	Elmira (Elmira Express), Chenango Valley	4:30 PM	6:30 PM	UEHS Mike Miller Track			L
May 3, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 6, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 6, 2019	Mon	Meet (Ithaca vs. M-E/ U-E)	Vs. Multiple	4:30 PM	7:00 PM	IHS Moresco Stadium	<b>Bus/Driver:</b> DB2	Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM	NL
May 7, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 8, 2019	Wed	Regular Season	Corning-Painted Post, Susquehanna Valley	4:30 PM	6:30 PM	UEHS Mike Miller Track			L
May 9, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 10, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 13, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 14, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 15, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 15, 2019	Wed	Regular Season	Horseheads @ Johnson City	4:30 PM	6:30 PM	JC Wildcat Stadium			L
May 17, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 20, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	4:30 PM	7:00 PM	Binghamton Alumni Stadium			
May 20, 2019	Mon	Post-Season	Ithaca, Johnson City, Elmira (Elmira Express), Corning-Painted Post, Horseheads, Maine-Endwell @ Binghamton	5:00 PM	7:00 PM	Alumni Stadium	<b>Bus/Driver:</b> DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
May 21, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 22, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 23, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 24, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 27, 2019	Mon	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 28, 2019	Tue	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			

DATE	WEEK	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 28, 2019	Tue	Meet (Snapple Invite)	Vs. Multiple	4:15 PM	7:15 PM	HHS High School Track	<b>Bus/Driver:</b> DB2	Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	NL
May 29, 2019	Wed	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 30, 2019	Thu	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			
May 31, 2019	Fri	Practice (Modified Boy's & Girl's Track & Field)	N/A	2:45 PM	4:15 PM	UEHS Mike Miller Track			

Date: 2025-12-25