Coaches:



• Tom Mitchell

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 9, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Nov 11, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Nov 16, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Nov 18, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Nov 23, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Nov 27, 2021	Sat	Meet (Weight Throw Only)	Vs. Multiple	10:00 AM		Ithaca College			NL
Nov 30, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 2, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 5, 2021	Sun	Meet (Ithaca Bombers)	Vs. Multiple	9:00 AM		Ithaca College	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 1:00 PM Return Date: Return Time: 9:00 PM	NL
Dec 7, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 9, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 14, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 16, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 18, 2021	Sat	Meet (607 Invite)	Vs. Multiple	9:00 AM		Cortland State			NL
Dec 19, 2021	Sun	Meet (Weight Throw Only)	Vs. Multiple	2:00 PM		Cortland State			NL
Dec 21, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 23, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Dec 28, 2021	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Dec 29, 2021	Wed	Meet (Quinney Invite)	Vs. Multiple	9:00 AM		Cortland State			NL
Dec 30, 2021	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 4, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 6, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 7, 2022	Fri	Meet (Winterfest Invite)	Vs. Multiple	6:00 PM		Cortland State			NL
Jan 8, 2022	Sat	Meet (Winterfest Invite)	Vs. Multiple	6:00 PM		Cortland State			NL
Jan 8, 2022	Sat	Meet (Winterfest Invite)	Vs. Multiple	6:00 PM		Cortland State			NL
Jan 11, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 11, 2022	Tue	Meet (Hurley Invite)	Vs. Multiple	5:00 PM		Ithaca College			NL
Jan 13, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 15, 2022	Sat	Meet (Section IV Classic)	Vs. Multiple	9:00 AM		Cortland State			NL
Jan 16, 2022	Sun	Meet (Weight Throw Only)	Vs. Multiple	6:00 PM		Cortland State			NL
Jan 18, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 20, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 25, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Jan 27, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 1, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 3, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 5, 2022	Sat	Regular Season	@ TBD	5:00 PM		Cortland State	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 3:30 PM	L
Feb 8, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 10, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 12, 2022	Sat	Meet (Sectionals)	Vs. Multiple	9:00 AM		Cornell University			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	NON- LEAGUE
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Feb 15, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 17, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 22, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Feb 24, 2022	Thu	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			
Mar 1, 2022	Tue	Practice	N/A	3:30 PM	4:30 PM	UEHS Weight Room			

Date: 2024-05-17