



# Union-Endicott (B) V Winter Track

## Coaches:

- Tom Mitchell

| DATE         | WEEK DAY | TYPE                 | OPPONENTS | START TIME | END TIME | LOCATION                                 | DEPARTURE       | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------------|-----------|------------|----------|--|-----------------|---|---------------------|
| Nov 15, 2023 | Wed      | Practice             | N/A       | 3:30 PM    |          | UEHS Weight Room                         |                 |   |                     |
| Nov 16, 2023 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                 |   |                     |
| Nov 17, 2023 | Fri      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track, UEHS Weight Room |                 |   |                     |
| Nov 20, 2023 | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Nov 21, 2023 | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                 |   |                     |
| Nov 22, 2023 | Wed      | Practice             | N/A       | 8:00 AM    | 9:00 AM  | UEHS Weight Room                         |                 |   |                     |
| Nov 27, 2023 | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Nov 28, 2023 | Tue      | Practice             | N/A       | 3:30 AM    | 5:00 AM  | UEHS Mike Miller Track                   |                 |   |                     |
| Nov 29, 2023 | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Nov 30, 2023 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                 |   |                     |
| Dec 1, 2023  | Fri      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room, UEHS Mike Miller Track |                 |   |                     |
| Dec 4, 2023  | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Dec 5, 2023  | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                 |   |                     |
| Dec 6, 2023  | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Dec 8, 2023  | Fri      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room, UEHS Mike Miller Track |                 |   |                     |
| Dec 9, 2023  | Sat      | Regular Season @ TBD |           | 2:00 PM    | 7:00 PM  | SUNY Cortland                            | Bus/Driver: DB1 | Departure Point: UEHS Upper Parking Lot<br>Departure Time: 12:30 PM<br>Return Date:<br>Return Time: 7:00 PM | L                   |

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|--------------|----------|----------------------|-----------|------------|----------|--|--------------------------|---|
| Dec 11, 2023 | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Dec 12, 2023 | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                          |   |
| Dec 13, 2023 | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Dec 14, 2023 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                          |   |
| Dec 15, 2023 | Fri      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room, UEHS Mike Miller Track |                          |   |
| Dec 16, 2023 | Sat      | Regular Season @ TBD |           | 9:00 AM    | 2:00 PM  | SUNY Cortland                            | Bus/Driver: DB1          | Departure Point: UEHS Upper Parking Lot<br>Departure Time: 7:30 AM<br>Return Date:<br>Return Time: 2:00 PM  |
| Dec 18, 2023 | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Dec 19, 2023 | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                          |   |
| Dec 20, 2023 | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Dec 21, 2023 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Mike Miller Track                   |                          |   |
| Dec 22, 2023 | Fri      | Practice             | N/A       | 10:00 AM   | 11:00 AM | UEHS Weight Room, UEHS Mike Miller Track |                          |   |
| Dec 26, 2023 | Tue      | Practice             | N/A       | 10:00 AM   | 11:30 AM | Jennie F Snapp MS Main Gym               |                          |   |
| Dec 29, 2023 | Fri      | Practice             | N/A       | 10:00 AM   | 11:00 PM | UEHS Weight Room, UEHS Mike Miller Track |                          |   |
| Jan 2, 2024  | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp Cafeteria                 |                          |   |
| Jan 3, 2024  | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Jan 4, 2024  | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp Cafeteria                 |                          |   |
| Jan 5, 2024  | Fri      | Regular Season @ TBD |           | 4:30 PM    | 11:00 PM | Ithaca College                           | Bus/Driver: DB1          | Departure Point: UEHS Upper Parking Lot<br>Departure Time: 3:00 PM<br>Return Date:<br>Return Time: 11:00 PM |

| DATE         | WEEK DAY | TYPE                 | OPPONENTS | START TIME | END TIME | LOCATION                                 | DEPARTURE       | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------------|-----------|------------|----------|--|-----------------|---|---------------------|
| Jan 8, 2024  | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Jan 10, 2024 | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Jan 11, 2024 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                 |   |                     |
| Jan 13, 2024 | Sat      | Regular Season @ TBD |           | 6:00 PM    | 11:00 PM | SUNY Cortland                            | Bus/Driver: DB1 | Departure Point: UEHS Upper Parking Lot<br>Departure Time: 4:30 PM<br>Return Date:<br>Return Time: 11:00 PM | L                   |
| Jan 16, 2024 | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                 |   |                     |
| Jan 17, 2024 | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Jan 18, 2024 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                 |   |                     |
| Jan 19, 2024 | Fri      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room, UEHS Mike Miller Track |                 |   |                     |
| Jan 22, 2024 | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Jan 23, 2024 | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                 |   |                     |
| Jan 24, 2024 | Wed      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Jan 25, 2024 | Thu      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                 |   |                     |
| Jan 26, 2024 | Fri      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room, UEHS Mike Miller Track |                 |   |                     |
| Jan 27, 2024 | Sat      | Regular Season @ TBD |           | 6:00 PM    | 11:00 PM | SUNY Cortland                            | Bus/Driver: DB1 | Departure Point: UEHS Upper Parking Lot<br>Departure Time: 4:30 PM<br>Return Date:<br>Return Time: 11:00 PM | L                   |
| Jan 29, 2024 | Mon      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                 |   |                     |
| Jan 30, 2024 | Tue      | Practice             | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                 |   |                     |

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|-----------------------|----------|---------------------------------------|-----------|------------|----------|--|--------------------------|---|
| Jan 31, 2024          | Wed      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Feb 1, 2024           | Thu      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| Feb 2, 2024           | Fri      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room, UEHS Mike Miller Track |                          |   |
| Feb 5, 2024           | Mon      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Feb 6, 2024           | Tue      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| Feb 7, 2024           | Wed      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Feb 8, 2024           | Thu      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| CANCELLED Feb 9, 2024 | Fri      | Regular Season (Section IV Meet)      | @ TBD     | TBD        |          | Ithaca College                           | Bus/Driver: DB1          | Departure Point: UEHS Upper Parking Lot L   |
| Feb 12, 2024          | Mon      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Feb 13, 2024          | Tue      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| Feb 14, 2024          | Wed      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Feb 15, 2024          | Thu      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| Feb 17, 2024          | Sat      | Regular Season (Section IV Classic)   | @ TBD     | 6:00 PM    | 11:00 PM | SUNY Cortland                            | Bus/Driver: DB1          | Departure Point: UEHS Upper Parking Lot<br>Departure Time: 4:30 PM<br>Return Date: 11:00 PM L |
| Feb 19, 2024          | Mon      | Practice                              | N/A       | 10:00 AM   | 11:00 AM | UEHS Weight Room                         |                          |   |
| Feb 20, 2024          | Tue      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| Feb 21, 2024          | Wed      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room                         |                          |   |
| Feb 22, 2024          | Thu      | Practice                              | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym               |                          |   |
| Feb 25, 2024          | Sun      | Post-Season (Section IV Championship) | @ TBD     | TBD        |          | Cornell University                       | Bus/Driver: DB1          | Departure Point: UEHS Upper Parking Lot L   |

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|--------------|----------|----------|-----------|------------|----------|----------------------------|-----------|----------------|---------------------|
| Feb 26, 2024 | Mon      | Practice | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room           |           |                |                     |
| Feb 27, 2024 | Tue      | Practice | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym |           |                |                     |
| Feb 28, 2024 | Wed      | Practice | N/A       | 3:30 PM    | 5:00 PM  | UEHS Weight Room           |           |                |                     |
| Feb 29, 2024 | Thu      | Practice | N/A       | 3:30 PM    | 5:00 PM  | Jennie F Snapp MS Main Gym |           |                |                     |

Date: 2026-02-01