



Cato-Meridian

(B) V Outdoor Track (Blue Devils)

Coaches:

- Ryan Ellis
- Travis Muhlnickel

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 11, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 12, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 13, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 14, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 15, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 16, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Mar 18, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 19, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 20, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 21, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 22, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 23, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Mar 25, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 26, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 27, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 28, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Track		
Mar 29, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Mar 30, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Apr 1, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 2, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 3, 2024	Wed	Regular Season	Bishop Ludden	4:30 PM	6:30 PM	Cato-Meridian Track		L
Apr 4, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 5, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 6, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 9, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 10, 2024	Wed	Regular Season	Syracuse Academy of Science	4:30 PM	6:30 PM	Cato-Meridian Track		L
Apr 11, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 13, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 15, 2024	Mon	Regular Season	Living Word Academy @ Port Byron	4:30 PM		Port Byron Track and Field	Departure Time: 3:30 PM	L
Apr 16, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 17, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 18, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 19, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 19, 2024	Fri	Regular Season (*Onondaga Central Track Invitational*)	Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of Technology, Syracuse, Canastota, Mexico, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Faith Heritage, Cortland, Phoenix, Bishop Ludden, Jamesville-Dewitt, DeRuyter, Remsen, Vernon-Verona-Sherrill @ Onondaga Central (OCS/Laf)	4:00 PM		Stadium	Departure Time: 2:00 PM	L
Apr 20, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 22, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 23, 2024	Tue	Meet (WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK INVITATIONAL)	Vs. Multiple	1:00 PM		Westhill High School Track	Departure Time: 11:30 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 24, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 25, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 27, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Apr 29, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Apr 30, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 1, 2024	Wed	Regular Season	Pulaski @ Weedsport	4:30 PM		Weedsport Jr.-Sr. High School	Departure Time: 3:45 PM	L
May 2, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 3, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 4, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
May 6, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 7, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 8, 2024	Wed	Regular Season (Varsity Track Meet)	Altmar-Parish-Williamstown (APW Rebels), OnTech High School, Bishop Ludden	4:30 PM	6:30 PM	Cato-Meridian Track		L
May 9, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 10, 2024	Fri	Regular Season (Weedsport Invitational)	Henninger, Oswego, Cincinnatus, Port Byron, Phoenix, Fulton, Sauquoit Valley, Sandy Creek, Syracuse Academy of Science, Mexico, Utica Academy of Science @ Weedsport	4:30 PM		Weedsport Jr.-Sr. High School	Departure Time: 3:00 PM	NL
May 11, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
May 13, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 14, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 15, 2024	Wed	Post-Season (Patriot National League Meet)	Weedsport, Altmar-Parish-Williamstown (APW Rebels), Pulaski, OnTech High School, Syracuse Academy of Science, Bishop Ludden, Mater Dei Academy @ Port Byron	4:00 PM		Port Byron Track and Field	Departure Time: 3:00 PM	NL
May 16, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 17, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 18, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 20, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 21, 2024	Tue	Post-Season (Sectional Championships)	@ TBD	3:00 PM		TBD	Departure Time: 12:00 PM	NL
May 22, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 23, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 24, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	TBD		
May 25, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
May 27, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
May 28, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 29, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
May 30, 2024	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM		Cicero North Syracuse	Departure Time: 2:00 PM	NL
May 31, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Jun 1, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Jun 3, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Jun 4, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Jun 5, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Jun 6, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Jun 7, 2024	Fri	Post-Season (NYS Championships)	@ TBD	10:00 AM		Cicero North Syracuse	Departure Time: 8:00 AM	NL
Jun 8, 2024	Sat	Post-Season (NYS Championships)	@ TBD	11:00 AM		Cicero North Syracuse	Departure Time: 9:00 AM	NL

Date: 2025-12-06