

Coaches:

- Mark Morrell
- Adrienne Martin

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|---|---------------|-------------|-----------------------------------|---|--|----------------------------|
| Mar 29, 2022 | Tue | Practice (Practice at DeRuyter Central School) | N/A | 3:45 PM | | DeRuyter Central School | Bus/Driver: Cincinnatus Central School | Departure Point: Cincinnatus Bus Loop Departure Date: Mar 29, 2022 Departure Time: 3:15 PM | |
| Apr 14, 2022 | Thu | Practice (Practice at DeRuyter Central School) | N/A | 8:30 AM | | DeRuyter Central School | Bus/Driver: Cincinnatus Central School | Departure Point: Cincinnatus Bus Loop Departure Date: Apr 14, 2022 Departure Time: 8:00 AM | |
| Apr 21, 2022 | Thu | Regular Season | Bishop Grimes @ Fabius-Pompey | 4:30 PM | | Fabius- Pompey H S | Bus/Driver: Cincinnatus | Departure Point: Cincinnatus Central School Departure Time: 3:05 PM | L |
| Apr 26, 2022 | Tue | Regular Season | Fabius-Pompey, Faith Heritage @ Onondaga Central | 4:30 PM | 9:30 PM | Stadium | | | L |
| May 4, 2022 | Wed | Regular Season | Bishop Grimes, Faith Heritage @ Tully | 4:30 PM | 7:00 PM | Tully HS Track | | | L |
| May 6, 2022 | Fri | Regular Season (REK Invitational) | Oxford (Greene/Oxford), Sidney, Sherburne- Earlville, Unadilla Valley (UV), Edmeston (Morris/Edmeston), Bainbridge Guilford, Greene (Greene/Oxford), DeRuyter, Morrisville-Eaton @ Norwich | 4:00 PM | 10:00 PM | NHS Stadium (Turf Field) | | | NL |
| May 11, 2022 | Wed | Regular Season (NL Meet) | Pulaski, Syracuse Academy of Science @ Tully | 4:30 PM | 7:00 PM | Tully HS Track | | | NL |
| May 18, 2022 | Wed | Regular Season (League Meet) | Manlius Pebble Hill, Onondaga Central, Tully, Fabius-Pompey, Faith Heritage, DeRuyter, Pulaski, Cato-Meridian (Blue Devils), Weedsport, Syracuse Academy of Science, Bishop Ludden @ Port Byron | 4:00 PM | | Port Byron Track and Field | | | L |

Date: 2026-01-01