

## Coaches:

- Norman Deep Jr., Head Coach
- Austen Johnson, Asst Coach
- Kevin Jones, Asst Coach
- Matthew Bashant, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 12, 2024	Tue	Practice	N/A	2:30 PM	3:45 PM	Hamilton College Field House	<b>Departure Point:</b> Elm St. Parking Lot <b>Departure Time:</b> 2:30 PM	
Mar 14, 2024	Thu	Practice	N/A	2:30 PM	3:45 PM	Hamilton College Field House	Departure Point: Elm St. Parking Lot Departure Time: 2:30 PM	
Mar 18, 2024	Mon	Practice	N/A	2:30 PM	3:45 PM	Hamilton College Field House	Departure Point: Elm St. Parking Lot Departure Time: 2:30 PM	
Mar 27, 2024	Wed	Regular Season	Mount Markham, Waterville	4:00 PM		Stadium Field (Grass / Track & Field)		NL
Mar 28, 2024	Thu	Regular Season	@ TBD	4:30 PM		High School - Stadium	Departure Point: Elm St. Parking Lot Departure Time: 1:30 PM	NL
Apr 4, 2024	Thu	Practice	N/A	2:30 PM	3:45 PM	Hamilton College Field House	Departure Date: Apr 4, 2024 Departure Time: 2:30 PM	
Apr 10, 2024	Wed	Regular Season	@ Adirondack	4:00 PM		Track	<b>Departure Point:</b> Elm St. Parking Lot <b>Departure Time:</b> 2:45 PM	L
Apr 12, 2024	Fri	Meet (Tully Coed Invite )	Vs. Multiple	4:00 PM	9:00 PM	Tully HS		NL
Apr 17, 2024	Wed	Regular Season	@ Little Falls	4:30 PM		HS Main Field	Departure Point: Elm St. Parking Lot Departure Time: 2:45 PM	L
Apr 19, 2024	Fri	Regular Season (Proctor Cook- Destefano Invite)	@ Utica Proctor	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)	<b>Departure Point:</b> Elm St. Parking Lot <b>Departure Time:</b> 2:30 PM	NL
Apr 23, 2024	Tue	Meet (WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK INVITATIONAL)	Vs. Multiple	1:00 PM		Westhill High School Track	Departure Point: Elm St. Parking Lot Departure Time: 10:30 AM	NL
Apr 23, 2024	Tue	Regular Season (Meet (WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK INVITATIONAL))	@ TBD	TBD		TBD	Departure Point: Elm St. Parking Lot Departure Time: 11:00 AM	NL
May 1, 2024	Wed	Regular Season 117-24 W	Sherburne-Earlville	4:00 PM		Stadium Field (Grass / Track & Field)		L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 3, 2024	Fri	Regular Season (Ed Wadas Invitational)	Remsen, Niskayuna High School, Watertown, Rome Free Academy, Dolgeville, South Jefferson, Altmar- Parish-Williamstown (APW Rebels), Utica Proctor, Notre Dame, Utica, Nottingham, Oneida, Waterville, South Lewis, Adirondack, Central Square, Weedsport, Cortland, Camden, Beaver River, West Canada Valley, Sauquoit Valley, New York Mills, Herkimer @ Whitesboro	4:00 PM	10:30 PM	Ed Wadas Complex High School	<b>Departure Point:</b> Elm St. Parking Lot <b>Departure Time:</b> 2:30 PM	NL
May 6, 2024	Mon	Regular Season	Canastota	4:00 PM		Stadium Field (Grass / Track & Field)		L
May 8, 2024	Wed	Regular Season	West Canada Valley	4:00 PM		Stadium Field (Grass / Track & Field)		NL
May 10, 2024	Fri	Regular Season (Clinton Special Events Invite)	West Canada Valley, Solvay, Sherburne- Earlville, Mount Markham	4:00 PM		Stadium Field (Grass / Track & Field)		NL
May 10, 2024	Fri	Regular Season (Clinton Specialty Meet)	TBD	4:00 PM		Stadium Field (Grass / Track & Field)		L
May 15, 2024	Wed	Regular Season (CSC D1/D2 Championship Meet)	@ Adirondack	4:00 PM		Track	Departure Point: Elm St. Parking Lot Departure Time: 2:30 PM	L
May 15, 2024	Wed	Post-Season (Division I and II League Championship)	West Canada Valley, Sherburne-Earlville, Canastota, Utica Academy of Science, Frankfort-Schuyler, Herkimer, Dolgeville, Little Falls @ Adirondack			Track		L
May 18, 2024	Sat	Regular Season (Junkyard Relays)	Remsen	10:00 AM		Stadium Field (Grass / Track & Field)		L
May 18, 2024	Sat	Regular Season (31st Annual Junkyard Relays)	Mount Markham, Solvay, Holland Patent, Waterville, Canastota	10:00 AM		Stadium Field (Grass / Track & Field)		NL
May 23, 2024	Thu	Post-Season (Section 3 B2 Coed Sectionals at Adirondack)		4:00 PM		TBD	Departure Point: Elm St. Parking Lot Departure Time: 1:30 PM	NL

DATE	WEEK DAY	ГҮРЕ	OPPONENTS	START END TIME TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
May 30, 2024	Thu N	Post-Season (NYS Qualifer at Cicero North Syracuse HS Bragman Stadium)	@ TBD	TBD	TBD	Departure Point: Elm St. Parking Lot Departure Time: 1:30 PM

Date: 2025-12-14