



Cortland

(B) V Outdoor Track

Coaches:

- Luke Schweider, Head Coach
- Matt Dearie, Asst Coach
- Vince Lizama

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 16, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	TBD		
Mar 16, 2023	Thu	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Mar 17, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	TBD		
Mar 17, 2023	Fri	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Mar 18, 2023	Sat	Practice	N/A	10:00 AM	11:30 AM	TBD		
Mar 20, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 20, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Mar 21, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 21, 2023	Tue	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Mar 22, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 22, 2023	Wed	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Apr 4, 2023	Tue	Meet (Westhill Spring Break Invitational)	Vs. Multiple	1:00 PM		Westhill High School Track	Departure Time: 11:15 AM Return Date: Return Time: 7:00 PM	NL
Apr 10, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 10, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Apr 11, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 12, 2023	Wed	Regular Season	Fulton	5:00 PM		Cortland Jr-Sr HS Stadium		L
Apr 13, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	TBD		
Apr 14, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 14, 2023	Fri	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Apr 17, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 17, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 18, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 19, 2023	Wed	Regular Season	Auburn, Central Square	5:00 PM	9:00 PM	Cortland Jr-Sr HS Stadium		L
Apr 20, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 20, 2023	Thu	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Apr 21, 2023	Fri	Regular Season (Cook DeStefano Proctor Invitational)	@ TBD	4:00 PM	9:00 PM	PHS Stadium (Turf Field/Track)	Departure Time: 1:15 PM Return Date: Return Time: 10:00 PM	NL
Apr 25, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 26, 2023	Wed	Regular Season (Senior Night)	Jamesville-Dewitt @ East Syracuse Minoa	5:00 PM		ESM High School - Stadium	Departure Time: 3:00 PM Return Date: Return Time: 8:30 PM	L
Apr 27, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 27, 2023	Thu	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Apr 28, 2023	Fri	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 28, 2023	Fri	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
Apr 29, 2023	Sat	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	6:00 PM	Chittenango HS- Stadium	Departure Time: 11:15 AM Return Date: Return Time: 7:00 PM	NL
May 1, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 1, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 2, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 3, 2023	Wed	Practice	N/A	3:00 PM	4:00 PM	Cortland JSHS Wrestling Room		
POSTPONED May 3, 2023	Wed	Regular Season	Oswego @ Fowler	5:00 PM	7:30 PM	Fowler High School Stadium	Departure Time: 2:45 PM Return Date: Return Time: 9:00 PM	L
May 4, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 4, 2023	Thu	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 5, 2023	Fri	Regular Season (Vestal Golden Bear Relays)	@ TBD	5:00 PM	9:00 PM	TBD	Departure Time: 3:00 PM Return Date: Return Time: 10:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 9, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 9, 2023	Tue	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 10, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 10, 2023	Wed	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 11, 2023	Thu	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 11, 2023	Thu	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 12, 2023	Fri	Regular Season (Baldwinsville Invitational)	@ TBD	4:30 PM	9:00 PM	TBD	Departure Time: 2:30 PM Return Date: NL Return Time: 9:00 PM	
May 15, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 15, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 17, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 17, 2023	Wed	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 18, 2023	Thu	Regular Season (League Championships)	@ TBD	4:00 PM	8:00 PM	TBD	Departure Time: 2:00 PM Return Date: L Return Time: 9:00 PM	
May 22, 2023	Mon	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 22, 2023	Mon	Practice	N/A	4:30 PM	5:00 PM	Cortland Jr-Sr HS Weight Room		
May 23, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 24, 2023	Wed	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 25, 2023	Thu	Post-Season (Sectional Championships)	@ TBD	4:00 PM	8:00 PM	TBD	Departure Time: 1:30 PM Return Date: NL Return Time: 10:00 PM	
May 30, 2023	Tue	Practice	N/A	3:00 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Jun 1, 2023	Thu	Post-Season	@ TBD	4:00 PM	8:00 PM	TBD	Departure Time: 2:00 PM Return Date: NL Return Time: 9:00 PM	