



Cortland

(B) 7/8TH Outdoor Track

Coaches:

- Ilona Ryon, Head Coach
- Shannon Bush, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 10, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 11, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 12, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 13, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	TBD		
Apr 14, 2023	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 17, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 18, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 19, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 20, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 24, 2023	Mon	Regular Season	Central Square	5:00 PM	8:00 PM	Cortland Jr-Sr HS Stadium		L
Apr 25, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 26, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 27, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 28, 2023	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 1, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
POSTPONED May 2, 2023	Tue	Regular Season	@ Fowler	4:30 PM	7:30 PM	Fowler High School Stadium	Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	L
May 3, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	TBD		
May 4, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 5, 2023	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 8, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 9, 2023	Tue	Regular Season	@ Jamesville-Dewitt (RED RAMS)	5:00 PM	7:30 PM	JD HS Stadium	Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L
May 10, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 11, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 12, 2023	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		

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May 15, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 16, 2023	Tue	Regular Season	East Syracuse Minoa	5:00 PM	8:00 PM	Cortland Jr-Sr HS Stadium		L
May 17, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 18, 2023	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 19, 2023	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 22, 2023	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
CANCELLED May 23, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 24, 2023	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 25, 2023	Thu	Regular Season	@ Auburn	4:30 PM		Auburn HS - Al Wilson Track	Departure Time: 2:45 PM Return Date: Return Time: 8:00 PM	L
May 30, 2023	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 31, 2023	Wed	Regular Season	Fulton	5:00 PM	8:00 PM	Cortland Jr-Sr HS Stadium		L

Date: 2025-12-18