



# Cortland

## (G) V Outdoor Track

### Coaches:

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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 12, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 13, 2024	Wed	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 14, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 15, 2024	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 18, 2024	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 19, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 20, 2024	Wed	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 21, 2024	Thu	Practice	N/A	2:45 PM	4:00 PM	Cortland Jr-Sr HS Stadium		
Mar 22, 2024	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 25, 2024	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 26, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 27, 2024	Wed	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Mar 28, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
CANCELLED Mar 29, 2024	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 2, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	TBD		
Apr 3, 2024	Wed	Practice	N/A	2:45 PM	4:30 PM	TBD		
POSTPONED Apr 3, 2024	Wed	Regular Season	@ Homer	4:30 PM		Homer High School	Departure Time: 3:00 PM Return Date: L Return Time: 8:00 PM	
Apr 4, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 5, 2024	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 9, 2024	Tue	Regular Season	Mexico	5:00 PM	8:00 PM	Cortland Jr-Sr HS Stadium		L
Apr 12, 2024	Fri	Meet (Tully Coed Invite )	Vs. Multiple	4:00 PM	9:00 PM	Tully HS		NL
Apr 12, 2024	Fri	Regular Season (Tully Co-Ed Knight Light Invite)	@ TBD	4:00 PM	9:00 PM	TBD	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
Apr 15, 2024	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 16, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 17, 2024	Wed	Regular Season	Chittenango	5:00 PM	7:30 PM	Cortland Jr-Sr HS Stadium		L
Apr 18, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
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, Phoenix, Bishop Ludden, Cato-Meridian (Blue Devils), Jamesville-Dewitt, DeRuyter, Remsen, Vernon-Verona-Sherrill @ Onondaga Central	4:00 PM		Stadium	<b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	L
Apr 22, 2024	Mon	Practice	N/A	9:00 AM	11:00 AM	Cortland Jr-Sr HS Stadium		
Apr 23, 2024	Tue	Practice	N/A	9:00 AM	11:00 AM	Cortland Jr-Sr HS Stadium		
Apr 25, 2024	Thu	Practice	N/A	9:00 AM	11:00 AM	Cortland Jr-Sr HS Stadium		
Apr 26, 2024	Fri	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	7:00 PM	Chittenango HS- Stadium	<b>Departure Time:</b> 11:00 AM <b>Return Date:</b> <b>Return Time:</b> 7:00 PM	NL
Apr 29, 2024	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 30, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 1, 2024	Wed	Regular Season	Institute of Technology, Syracuse @ Homer	4:00 PM		Homer High School	<b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
May 2, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 3, 2024	Fri	Regular Season (Whitesboro Invite)	@ TBD	4:00 PM	9:00 PM	TBD	<b>Departure Time:</b> 1:30 PM <b>Return Date:</b> <b>Return Time:</b> 10:30 PM	NL
May 3, 2024	Fri	Regular Season (Ed Wadas Track Invitational)	Remsen, Niskayuna High School, Watertown, Rome Free Academy, Dolgeville, Clinton, South Jefferson, Altmar-Parish-Williamstown (APW Rebels), Utica Proctor, Notre Dame, Utica, Nottingham, Oneida, Waterville, Camden, Beaver River, West Canada Valley, Sauquoit Valley, New York Mills, Herkimer, New Hartford, South Lewis, Adirondack, Central Square, Weedsport, Holland Patent @ Whitesboro	4:00 PM	10:30 PM	Ed Wadas Complex High School	<b>Departure Time:</b> 1:30 PM <b>Return Date:</b> <b>Return Time:</b> 10:30 PM	NL
May 6, 2024	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 7, 2024	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 8, 2024	Wed	Regular Season	@ Westhill	4:30 PM		Westhill High School Track	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
May 9, 2024	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 10, 2024	Fri	Regular Season (Corning Fast Times Invite)	@ TBD	4:30 PM	9:30 PM	TBD	<b>Departure Time:</b> 1:30 PM <b>Return Date:</b> <b>Return Time:</b> 10:30 PM	NL
May 13, 2024	Mon	Meet (2024 OHSL LIBERTY LEAGUE MEET )	Vs. Multiple	4:00 PM		Chittenango HS- Stadium	<b>Departure Time:</b> 2:15 PM <b>Return Date:</b> <b>Return Time:</b> 10:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 22, 2024	Wed	Post-Season (Class A Sectional Championship)	Central Square, Oswego, Watertown, Fulton, Whitesboro, Auburn, Corcoran, Nottingham, Fowler, Jamesville-Dewitt, Carthage, New Hartford, Indian River @ East Syracuse Minoa	4:30 PM		ESM High School - Stadium	<b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	NL

Date: 2024-05-05