



Cortland

(G) 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 15, 2024	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 16, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 17, 2024	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 18, 2024	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 19, 2024	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 29, 2024	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Apr 30, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 1, 2024	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 2, 2024	Thu	Regular Season	Tully, TBD @ Fabius-Pompey	4:30 PM	7:00 PM	Fabius-Pompey H S	Departure Time: 3:00 PM Return Date: Return Time: 7:45 PM	L
May 3, 2024	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 6, 2024	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 7, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 8, 2024	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 9, 2024	Thu	Regular Season	Homer, Onondaga Central, Tully @ Fabius-Pompey	4:30 PM	7:00 PM	Fabius-Pompey H S	Departure Time: 3:00 PM Return Date: Return Time: 7:45 PM	L
CANCELLED May 10, 2024	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 13, 2024	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 14, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 15, 2024	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 16, 2024	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 17, 2024	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 20, 2024	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 21, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
May 22, 2024	Wed	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 23, 2024	Thu	Regular Season	Tully, Syracuse Academy of Science, Fabius-Pompey @ TBD	4:30 PM		DeRuyter HS Track	Departure Time: 3:00 PM Return Date: Return Time: 7:45 PM	L
May 28, 2024	Tue	Regular Season	Fabius-Pompey, Faith Heritage @ Homer	4:30 PM	8:00 PM	Homer High School		L
May 29, 2024	Wed	Regular Season	TBD, Cincinnatus, Syracuse Academy of Science, Faith Heritage	5:00 PM	8:00 PM	Cortland Jr-Sr HS Stadium		L
May 30, 2024	Thu	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
CANCELLED May 31, 2024	Fri	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Jun 3, 2024	Mon	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Jun 4, 2024	Tue	Practice	N/A	3:15 PM	4:30 PM	Cortland Jr-Sr HS Stadium		
Jun 5, 2024	Wed	Regular Season	Syracuse Academy of Science, DeRuyter, Homer	5:00 PM	8:00 PM	Cortland Jr-Sr HS Stadium		L

Date: 2025-12-05