

## Coaches:

• Ed Race, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE I / NON- LEAGUE
Mar 17, 2025	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 18, 2025	Tue	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 19, 2025	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 20, 2025	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 21, 2025	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 24, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 25, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 26, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 27, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 28, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
CANCELLED Apr 9, 2025	Wed	Regular Season (TVL Relays)	Central Valley Academy, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Camden, Whitesboro, New Hartford @ Vernon-Verona- Sherrill	4:00 PM		Track		L
Apr 12, 2025	Sat	Regular Season (Holland Patent Invitational)	Cooperstown	9:15 AM		HS Stadium / Track		NL
Apr 12, 2025	Sat	Regular Season (Holland Patent Invitational)	Mount Markham, Frankfort-Schuyler, Indian River, Sandy Creek, Remsen, Canastota, Utica Proctor, Oneida, Beaver River, Clinton, Notre Dame, Utica	10:00 AM		HS Stadium / Track		L
Apr 14, 2025	Mon	Regular Season	Utica Proctor	4:00 PM		HS Stadium / Track		L
Apr 17, 2025	Thu	Practice (Cook DeStefano Invite)	N/A	4:00 PM		Utica Proctor	<b>Departure Time:</b> 2:30 PM	
Apr 30, 2025	Wed	Regular Season (Camden vs VVS will be scored at this meet)	Camden @ Vernon- Verona-Sherrill	4:15 PM	6:45 PM	Track	<b>Departure Time:</b> 3:00 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 2, 2025	Fri	Regular Season (2025 Ed Wadas Co- Ed Invitational)	Canastota, Carthage, Clinton, Fulton, Herkimer, Indian River, Marcellus, New Hartford, Niskayuna High School, Utica Proctor, Remsen, Rome Free Academy, South Jefferson, South Lewis, Vernon- Verona-Sherrill, Watertown, Waterville, West Canada Valley @ Whitesboro	3:45 PM	Ed Wadas Complex High School		NL
May 7, 2025	Wed	Regular Season	Central Valley Academy, Notre Dame, Utica	4:30 PM	HS Stadium / Track		L
CANCELLED May 7, 2025	Wed	Regular Season (TVL Rookie Meet)	TBD	5:00 PM	TBD		L
May 10, 2025	Sat	Practice (Junkyard Relays @ Clinton)	N/A	10:00 AM	TBD	<b>Departure Time:</b> 8:00 PM	
May 12, 2025	Mon	Regular Season (TVL Rookie Meet)	Camden, Central Valley Academy, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, Vernon-Verona- Sherrill, Whitesboro, New Hartford		HS Stadium / Track		L
May 14, 2025	Wed	Regular Season (TVL Invitational)	Whitesboro, Central Valley Academy, Notre Dame, Utica, Oneida, Utica Proctor, Rome Free Academy, New Hartford, Camden @ Vernon- Verona-Sherrill		Track		L
May 20, 2025	Tue	Regular Season	Vernon-Verona- Sherrill @ Oneida	4:00 PM	HS Track	<b>Departure Time:</b> 3:00 PM	L
CANCELLED May 21, 2025	Wed	Regular Season (TVL Invitational)	TBD	4:00 PM	TBD		L

DATE	WEE! DAY	<sup>(</sup> ТҮРЕ	OPPONENTS	START TIME	TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 23, 2025	Fri	Regular Season (CNS Invitational)	Adirondack, Auburn, Baldwinsville, Bishop Grimes, Canastota, Carthage, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Chenango Valley, Chittenango, Corcoran, Fabius-Pompey, Faith Heritage, Hannibal, Indian River, Irondequoit, Institute of Technology, Syracuse, Jamesville-Dewitt, Mexico, Morrisville-Eaton, New Hartford, Nottingham, Ogdensburg, OnTech High School, Oneida, Onondaga Central (OCS/Laf), Phoenix, Utica Proctor, Pulaski, Saranac Lake, Solvay, South Jefferson, South Lewis, Tully, West Canada Valley, West Genesee, Westhill, Whitesboro @ Cicero-North Syracuse	PM ,	8:45 PM	Stadium		L
May 28, 2025	Wed	Practice	N/A	4:30 PM	8:00 PM	TBD		
Jun 3, 2025	Tue	Practice	N/A	4:00 PM		CNS High School		

Date: 2025-12-14