

## Coaches:

- Tim Hoffman, Head Coach
- Karl Vienneau Jr,, Asst Coach
- Robin Vienneau, Asst Coach
- Rory Richard

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 13, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 14, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 18, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 19, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 20, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 21, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 22, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 25, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 26, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 27, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Gym		
Apr 2, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
Apr 4, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 9, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 10, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 11, 2024	Thu	Regular Season	@ Utica Proctor	4:00 PM	6:45 PM	PHS Stadium (Turf Field/Track)	Departure Date: Apr 11, 2024 Departure Time: 3:15 PM	L
Apr 12, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
CANCELLED Apr 13, 2024	Sat	Regular Season (South Jeff Invite)	Westhill, Watertown, New Hartford, Sandy Creek, Jamesville- Dewitt, Camden, Sauquoit Valley @ South Jefferson	10:00 AM		SJ Wilson Elem. Track	Departure Date: Apr 13, 2024 Departure Time: 8:30 AM	NL
Apr 15, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 16, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 17, 2024	Wed	Regular Season	Vernon-Verona- Sherrill @ Camden	4:30 PM		Camden High School Stadium	Departure Date: Apr 17, 2024 Departure Time: 3:15 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 18, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
Apr 19, 2024	Fri	Regular Season (Cook DeStefano Invite)	@ Utica Proctor	4:00 PM	6:30 PM	PHS Stadium (Turf Field/Track)	Departure Date: Apr 19, 2024 Departure Time: 2:15 PM	L
Apr 30, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
May 1, 2024	Wed	Regular Season	Central Valley Academy, Notre Dame, Utica	4:30 PM		HS Stadium / Track		L
May 2, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	HS Stadium / Track		
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, Cortland, Camden, Beaver River, West Canada Valley, Sauquoit Valley, New York Mills, Herkimer, New Hartford, South Lewis, Adirondack, Central Square, Weedsport @ Whitesboro	4:00 PM	10:30 PM	Ed Wadas Complex High School	Departure Date: May 3, 2024 Departure Time: 3:15 PM	NL
May 6, 2024	Mon	Regular Season (TVL Rookie Meet)	Camden, Central Valley Academy, Notre Dame, Utica, Oneida, New Hartford, Utica Proctor, Whitesboro, Vernon-Verona- Sherrill @ Rome Free Academy	5:30 PM		Stadium Track and Field	Departure Date: May 6, 2024 Departure Time: 3:15 PM	L
May 7, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 8, 2024	Wed	Regular Season	Oneida	4:30 PM	6:45 PM	HS Stadium / Track		L
May 9, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 10, 2024	Fri	Regular Season (Oneida Invite)	@ Oneida	3:30 PM		HS Track	Departure Date: May 10, 2024 Departure Time: 2:15 PM	L
May 13, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 14, 2024	Tue	Regular Season (TVL Championship)	Camden, Central Valley Academy, New Hartford, Notre Dame, Utica, Oneida, Rome Free Academy, Vernon-Verona- Sherrill, Whitesboro @ Utica Proctor			PHS Stadium (Turf Field/Track)	Departure Date: May 14, 2024 Departure Time: 3:00 PM	L

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May 16, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 17, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 18, 2024	Sat	Regular Season (31st Annual Junkyard Relays)	Solvay, Mount Markham, Canastota, Waterville @ Clinton	10:00 AM		Stadium Field (Grass / Track & Field)	Departure Date: May 18, 2024 Departure Time: 8:00 AM	NL
May 18, 2024	Sat	Regular Season (Junkyard Relays)	@ TBD	10:00 AM	12:00 PM	Stadium Field (Grass / Track & Field)	Departure Date: May 18, 2024 Departure Time: 9:00 AM	L
May 20, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 21, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	TBD		
May 22, 2024	Wed	Regular Season (Sectionals)	@ Adirondack	4:30 PM		Track	Departure Date: May 22, 2024 Departure Time: 2:45 PM	L

Date: 2025-12-14