

| DATE | WEEK DAY | ⁽ ТҮРЕ | OPPONENTS | START END | | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|-----------|------------|--|---|----------------------------|
| Dec 3, 2022 | Sat | Regular Season (League Meet 1) | @ TBD | 8:00 AM | Union College - Memorial Field House | Departure Point: GHS Departure Time: 6:30 AM Return Date: Return Time: 2:30 PM | L |
| Dec 10, 2022 | Sat | Regular Season (League Meet 2) | @ TBD | 1:45 PM | Union College - Memorial Field House | Departure Point: GHS Departure Time: 12:00 PM Return Date: Return Time: 8:15 PM | L |
| Dec 18, 2022 | Sun | Regular Season (League Meet 3) | @ TBD | 1:45 PM | Union College - Memorial Field House | Departure Point: GHS Departure Time: 12:00 PM Return Date: Return Time: 8:15 PM | L |
| Dec 30, 2022 | Fri | Regular Season (League Meet 4) | @ TBD | 8:00 AM | Union College - Memorial Field House | Departure Point: GHS Departure Time: 6:30 PM Return Date: Return Time: 2:30 PM | L |
| Jan 14, 2023 | Sat | Regular Season (League Meet 5) | @ TBD | 1:45 PM | Union College - Memorial Field House | Departure Point: GHS Departure Time: 12:30 PM Return Date: Return Time: 8:15 PM | L |
| Jan 22, 2023 | Sun | Regular Season (Foothills Championships) | @ TBD | TBD | Union College - Memorial Field House | Departure Point: GHS | L |
| Jan 29, 2023 | Sun | Post-Season (D3 Indoor Track Sectionals) | @ TBD | 2:30 PM | Union College - Memorial Field House | Departure Point: GHS Departure Time: 1:00 PM | L |
| Feb 5, 2023 | Sun | Post-Season (Indoor Track State Quals) | @ TBD | 3:00 PM | Hudson Valley Community College | Departure Point: GHS Departure Time: 1:15 PM | NL |
| Feb 17, 2023 | Fri | Regular Season (Garden State HS Invitational) | @ TBD | 3:00 PM | Ocean Breeze Athletic Complex | Departure Point: GHS Departure Time: 9:00 AM | NL |

Date: 2025-12-08