



Institute of Technology, Syracuse

(B) V Outdoor Track

Coaches:

- John Cosgrove, Head Coach
- Paul Seely, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 3, 2023	Mon	Regular Season (Tully Co-Ed Spring Invitational)	OnTech Charter School, Cato-Meridian (Blue Devils), Cazenovia, Fulton, Hannibal, Henninger, Onondaga Central, Homer, South Lewis @ Tully	3:00 PM	6:00 PM	Tully HS Track	Departure Point: ITC Departure Time: 1:30 PM Return Date: Return Time: 6:00 PM	NL
Apr 12, 2023	Wed	Regular Season	Skaneateles	4:30 PM		Fowler High School Stadium		L
Apr 19, 2023	Wed	Regular Season	@ Solvay	4:30 PM		Solvay HS Stadium		NL
Apr 26, 2023	Wed	Regular Season	@ Chittenango	4:30 PM	5:30 PM	Chittenango HS- Stadium		L
Apr 28, 2023	Fri	Regular Season (Onondaga Central Track Invitational)	@ Onondaga Central	4:00 PM	7:00 PM	Stadium	Departure Point: ITC Departure Time: 2:45 PM Return Date: Return Time: 7:00 PM	NL
May 1, 2023	Mon	Regular Season	Henninger, Corcoran, Nottingham @ Fowler	4:00 PM	7:30 PM	Fowler High School Stadium		NL
May 5, 2023	Fri	Regular Season (ESM Boys Specialty Invitational)	@ TBD	4:15 PM	7:00 PM	ESM High School - Stadium	Departure Point: ITC Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	NL
May 8, 2023	Mon	Regular Season	@ Westhill	4:30 PM	5:30 PM	Westhill High School Track		L
May 11, 2023	Thu	Regular Season	Homer	4:30 PM	5:30 PM	Henninger Stadium		L
May 12, 2023	Fri	Regular Season (John Arcaro Co-Ed Classic Invitational)	@ TBD	4:30 PM	7:00 PM	Bville - Baker P/A Stadium TRACK	Departure Point: ITC Departure Time: 3:30 PM Return Date: Return Time: 7:00 PM	NL
May 15, 2023	Mon	Meet (OHSL League Meet)	Vs. Multiple	4:00 PM	8:00 PM	Chittenango HS- Stadium		NL
May 25, 2023	Thu	Post-Season (Sectional Meet)	@ TBD	4:00 PM	7:30 PM	TBD	Departure Point: ITC	NL
Jun 1, 2023	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM	7:30 PM	TBD	Departure Point: ITC	NL
Jun 9, 2023	Fri	Post-Season (State Championship)	@ TBD	TBD		TBD	Departure Point: ITC	NL

Date: 2024-05-19