



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 10, 2024	Wed	Regular Season	Marcellus	4:00 PM		Henninger High School Football Stadium	Departure Time: 2:15 PM Return Date: Return Time: 7:00 PM	L
Apr 12, 2024	Fri	Meet (Tully Coed Invite)	Vs. Multiple	4:00 PM	9:00 PM	Tully HS		NL
Apr 12, 2024	Fri	Regular Season (Tully Co-Ed Spring Invitational)	@ TBD	4:00 PM		Tully HS	Departure Point: ITC Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	NL
Apr 16, 2024	Tue	Regular Season	Christian Brothers Academy, Dewitt	4:15 PM		Fowler High School Stadium	Departure Time: 2:15 PM Return Date: Return Time: 7:15 PM	L
Apr 19, 2024	Fri	Regular Season (*Onondaga Central Track Invitational*)	Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Canastota, Mexico, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Faith Heritage, Cortland, Phoenix, Bishop Ludden, Cato-Meridian (Blue Devils), Jamesville-Dewitt, DeRuyter, Remsen, Vernon-Verona-Sherrill @ Onondaga Central	4:00 PM		Stadium		L
Apr 19, 2024	Fri	Regular Season (OCS Track Invitational)	@ TBD	TBD		OCS	Departure Point: ITC Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	L
Apr 23, 2024	Tue	Regular Season (Westhill Invitational)	@ TBD	1:00 PM		Westhill HS	Departure Point: ITC Departure Time: 11:30 AM Return Date: Return Time: 4:00 PM	NL

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Apr 23, 2024	Tue	Meet (WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK INVITATIONAL)	Vs. Multiple	1:00 PM		Westhill High School Track		NL
Apr 29, 2024	Mon	Regular Season	@ Phoenix	4:30 PM	5:30 PM	JCB Grass Stadium	Departure Time: 3:00 PM Return Date: Return Time: 7:00 PM	L
May 1, 2024	Wed	Regular Season	Cortland @ Homer	4:00 PM		Homer High School	Departure Time: 2:15 PM Return Date: Return Time: 6:30 PM	L
CANCELLED May 1, 2024	Wed	Regular Season	@ Hannibal	4:30 PM	8:00 PM	Hannibal Warrior Stadium	Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	NL
May 6, 2024	Mon	Regular Season (City City Meet)	@ TBD	4:00 PM		Nottingham High School Gym	Departure Point: ITC Departure Time: 2:45 PM Return Date: Return Time: 7:30 PM	NL
May 8, 2024	Wed	Regular Season	@ Solvay	4:30 PM	5:30 PM	Solvay HS Stadium	Departure Time: 3:15 PM Return Date: Return Time: 6:30 PM	L
May 10, 2024	Fri	Regular Season (Arcaro Classic)	@ TBD	4:00 AM		B'ville	Departure Point: ITC Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	NL
May 13, 2024	Mon	Meet (2024 OHSL LIBERTY LEAGUE MEET)	Vs. Multiple	4:30 PM		Chittenango HS- Stadium	Departure Time: 2:15 PM	NL
May 15, 2024	Wed	Post-Season (Last Chance Meet)	@ Solvay	4:30 PM		Solvay HS Stadium	Departure Point: ITC Departure Date: May 15, 2024 Departure Time: 2:45 PM	NL
May 20, 2024	Mon	Meet (Section 3 Class B1)	Vs. Multiple	4:30 PM		Westhill High School Track	Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	NL
May 30, 2024	Thu	Post-Season (State Qualifier)	@ TBD	4:00 PM		CNS Stadium	Departure Point: ITC Departure Time: 2:30 PM	NL
Jun 1, 2024	Sat	Post-Season (States)	@ TBD	TBD		CNS Stadium	Departure Point: ITC	NL