



Institute of Technology, Syracuse

(B) V Winter Track

Coaches:

- John Cosgrove, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 29, 2023	Wed	Regular Season (Jack Morse Kickoff Meet)	TBD	4:30 AM	9:00 PM	SRC Arena	Departure Point: ITC Departure Time: 3:15 PM Return Date: Return Time: 9:00 PM	L
Dec 7, 2023	Thu	Regular Season (Oscar Jenson Memorial Relays)	TBD	4:30 PM		SRC Arena	Departure Point: ITC Departure Time: 3:15 PM Return Date: Return Time: 9:30 PM	L
Dec 11, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	SRC Arena	Departure Time: 6:30 PM Return Date: Return Time: 9:00 PM	
Dec 16, 2023	Sat	Regular Season (George Constantino Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena	Departure Point: ITC Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	L
Dec 20, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	SRC Arena	Departure Time: 3:30 PM Return Date: Return Time: 6:00 PM	
Dec 22, 2023	Fri	Meet (WESTHILL INDOOR TRACK AND FIELD INVITATIONAL)	Vs. Multiple	4:00 PM		TBD		NL
Dec 22, 2023	Fri	Regular Season (Westhill Invitational)	TBD	4:00 PM	6:30 PM	SRC Arena	Departure Point: ITC Departure Time: 2:45 PM Return Date: Return Time: 6:15 PM	NL
Jan 6, 2024	Sat	Regular Season (John Arcaro Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena	Departure Point: ITC Departure Time: 8:00 AM Return Date: Return Time: 2:00 PM	L
Jan 8, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	SRC Arena	Departure Time: 6:30 PM Return Date: Return Time: 9:00 PM	

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Jan 13, 2024	Sat	Regular Season (Fred Kirschenheiter Memorial)	TBD	3:00 PM	8:00 PM	SRC Arena	Departure Point: ITC Departure Time: 2:00 PM Return Date: Return Time: 8:00 PM	L
Jan 19, 2024	Fri	Regular Season (Bob Grieve Memorial)	TBD	4:30 PM	9:00 PM	SRC Arena	Departure Point: ITC Departure Time: 3:15 PM Return Date: Return Time: 9:30 PM	L
Jan 22, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	SRC Arena	Departure Time: 6:30 PM Return Date: Return Time: 9:00 PM	
Jan 31, 2024	Wed	Regular Season (League Championship)	TBD	4:30 PM	9:30 PM	SRC Arena	Departure Point: ITC Departure Time: 3:15 PM Return Date: Return Time: 9:30 PM	L
Feb 7, 2024	Wed	Regular Season (Sectional Championship)	TBD	4:30 PM	8:30 PM	SRC Arena	Departure Point: ITC Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L
Feb 14, 2024	Wed	Regular Season (State Qualifiers)	TBD	4:30 PM	8:30 PM	SRC Arena	Departure Point: ITC Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L

Date: 2024-06-01