



# 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	<b>Departure Point:</b> ITC <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Dec 7, 2023	Thu	Regular Season (Oscar Jenson Memorial Relays)	TBD	4:30 PM		SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
Dec 11, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	SRC Arena	<b>Departure Time:</b> 6:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	
Dec 16, 2023	Sat	Regular Season (George Constantino Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L
Dec 20, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	SRC Arena	<b>Departure Time:</b> 3:30 PM <b>Return Date:</b> <b>Return Time:</b> 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	<b>Departure Point:</b> ITC <b>Departure Time:</b> 2:45 PM <b>Return Date:</b> <b>Return Time:</b> 6:15 PM	NL
Jan 6, 2024	Sat	Regular Season (John Arcaro Memorial)	TBD	9:00 AM	2:00 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 2:00 PM	L
Jan 8, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	SRC Arena	<b>Departure Time:</b> 6:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 13, 2024	Sat	Regular Season (Fred Kirschenheiter Memorial)	TBD	3:00 PM	8:00 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 2:00 PM <b>Return Date:</b> <b>Return Time:</b> 8:00 PM	L
Jan 19, 2024	Fri	Regular Season (Bob Grieve Memorial )	TBD	4:30 PM	9:00 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
Jan 22, 2024	Mon	Practice	N/A	7:00 PM	9:00 PM	SRC Arena	<b>Departure Time:</b> 6:30 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	
Jan 31, 2024	Wed	Regular Season (League Championship)	TBD	4:30 PM	9:30 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 9:30 PM	L
Feb 7, 2024	Wed	Regular Season (Sectional Championship)	TBD	4:30 PM	8:30 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L
Feb 14, 2024	Wed	Regular Season (State Qualifiers)	TBD	4:30 PM	8:30 PM	SRC Arena	<b>Departure Point:</b> ITC <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 8:30 PM	L

Date: 2024-05-17