

## Coaches:

- Pat Gillette, Head Coach
- Emily Rowles, Asst Coach
- Alexandria Payne, Asst Coach
- Parker Noble, Asst Coach

CANCELLED Apr 3, 2024  Tue Regular Season Nottingham @ Fulton 5:00 7:30 Stadium  PM Stadium  PM Stadium  Departure Point JDHS Main Gym PM Stadium  PM Stadium  Departure Point JDHS Main Gym PM Stadium  PM Stadium  Departure Point JDHS Main Gym PM Stadium  Stadium  Departure Point JDHS Main Gym PM Stadium  PM Stadium  Departure Time: 3:15 PM  Regular Season (South Jeff Invite)  Oswego @ Central Square  Square  PM Stadium  Cerek, Watertown @ South Jefferson  PM Stadium  Departure Point JDHS Main Gym PM Stadium  Departure Point Square  Turf/Stadium  Departure Point JDHS Main Gym PM Stadium  Departure Point JDHS Main Gym PM Stadium  Stadium  Departure Point JDHS Main Gym PM Stadium  Stadium  Departure Point JDHS Main Gym PM Stadium  Departure Time: 3:15 PM  Stadium  Departure Point JDHS Main Gym PM Stadium  Departure Time: 3:15 PM  Stadium  Departure Time: 3:15 PM  Stadium  Departure Time: 3:15 PM  Stadium  Departure Time: 3:15 PM  Stadium  Departure Time: 3:15 PM  Stadium  Departure Point JDHS Main Gym PM  Departure Time: 4:00 PM  Stadium  Departure Point JDHS Main Gym PM  Departure Time: 4:00 PM  Stadium  Departure Point JDHS Main Gym PM  Departure Time: 4:00 PM  Stadium  Departure Point JDHS Main Gym PM  Departure Time: 4:00 PM	
Apr 9, 2024  Tue Regular Season Nottingham @ Fulton 5:00 PM Stadium PM Stadium Pield S	L
CANCELLED Apr 13, 2024  Sat Regular Season (South Jeff Invite)  Regular Season (South Jeff Invite)  Apr 17, 2024  Wed Regular Season Oswego @ Central Square  Apr 19, 2024  Fri Regular Season (OCS Invitational)  Pin Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of	1
Apr 17, 2024 Wed Regular Season Oswego @ Central S:00 Square Turf/Stadium Square Turf/Stadium Departure Time: 3:15 PM  Apr 19, 2024 Fri Regular Season (OCS Invitational)  Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of	NL
Apr 19, 2024 Fri Regular Season (OCS Invitational) @ TBD 4:00 PM Stadium Departure Time: 4:00 PM  Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of	1
of Science, Cazenovia, Manlius Pebble Hill, Fabius- Pompey, Institute of	1
Technology, Syracuse, Canastota, Mexico, Altmar- Parish-Williamstown (APW Rebels), Track Invitational*) Bishop Grimes, Faith Heritage, Cortland, Phoenix, Bishop Ludden, Cato- Meridian (Blue Devils), DeRuyter, Remsen, Vernon- Verona-Sherrill @ Onondaga Central	L
Meet (WESTHILL OUTDOOR TRACK  Apr 23, 2024 Tue AND FIELD SPRING Vs. Multiple BREAK INVITATIONAL)  Meet (WESTHILL 1:00 Westhill High School Track	NL
Apr 23, 2024 Tue Regular Season (Westhill Invite) TBD T:00 Westhill High JDHS Main Gym PM School Departure Time 11:30 AM	1
Regular Season Apr 26, 2024 Fri (Chittenango @ TBD 1:00 Chittenango Departure Point Departure Point Departure Point Departure Point Departure Time 11:45 AM	
Apr 26, 2024 Fri Meet (Chittenango Vs. Multiple 1:00 7:00 Chittenango PM PM HS- Stadium	NL
May 1, 2024 Wed Regular Season Fowler, Corcoran 5:00 JD HS Departure Point JDHS Main Gym	: L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 8, 2024	Wed	Regular Season	@ East Syracuse Minoa	4:30 PM		ESM High School - Stadium	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	L
May 10, 2024	Fri	Regular Season (Invitaional)	@ Oneida	4:30 PM		HS Track, Oneida H S	<b>Departure Point:</b> JDHS Main Gym	NL
May 16, 2024	Thu	Regular Season (SCAC League Meet)	Oswego, Fowler, East Syracuse Minoa, Nottingham, Corcoran, Fulton, TBD @ Central Square	5:00 PM	8:45 PM	Central Square Turf/Stadium	Departure Point: JDHS Main Gym Departure Time: 2:45 PM	L
May 22, 2024	Wed	Post-Season (Class A Sectional Championship)	Central Square, Oswego, Watertown, Fulton, Whitesboro, Auburn, Corcoran, Nottingham, Fowler, Carthage, New Hartford, Indian River, Cortland @ East Syracuse Minoa	4:30 PM		ESM High School - Stadium	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	NL
May 30, 2024	Thu	Post-Season (State Qualifiers @ CNS?)	@ TBD	4:00 PM		CNS HS- Bragman Stadium	Departure Point: JDHS Main Gym Departure Time: 2:30 PM	L
Jun 7, 2024	Fri	Post-Season (NYSPHSAA Championships)	@ TBD	TBD		CNS HS- Bragman Stadium	<b>Departure Point:</b> JDHS Main Gym	L
Jun 8, 2024	Sat	Post-Season (NYSPHSAA Championships)	@ TBD	TBD		CNS HS- Bragman Stadium	<b>Departure Point:</b> JDHS Main Gym	L

Date: 2024-05-08