

Coaches:

- Nancy Raicht, Head Coach
- Alexandria Payne, Asst CoachParker Noble, Asst Coach
- Emily Rowles, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 9, 2024	Tue	Regular Season	Nottingham @ Fulton	5:00 PM	7:30 PM	Fulton High School Stadium Field	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	L
Apr 13, 2024	Sat	Regular Season (South Jeff Invite)	Westhill, Holland Patent, Watertown, New Hartford, Sandy Creek, Camden, Sauquoit Valley @ South Jefferson	10:00 AM		SJ Wilson Elem. Track		NL
Apr 17, 2024	Wed	Regular Season	Oswego @ Central Square	5:00 PM		Central Square Turf/Stadium	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	L
Apr 19, 2024	Fri	Regular Season (*Onondaga Central Track Invitational*)	Syracuse Academy of Science, Cazenovia, Manlius Pebble Hill, Fabius-Pompey, Institute of Technology, Syracuse, Canastota, Mexico, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Faith Heritage, Cortland, Phoenix, Bishop Ludden, Cato-Meridian (Blue Devils), DeRuyter, Remsen, Vernon-Verona-Sherrill @ Onondaga Central	4:00 PM		Stadium	Departure Point: JDHS Main Gym Departure Time: 2:45 PM	L
Apr 23, 2024	Tue	Meet (WESTHILL OUTDOOR TRACK AND FIELD SPRING BREAK INVITATIONAL)	Vs. Multiple	1:00 PM		Westhill High School Track		NL
Apr 23, 2024	Tue	Regular Season (Westhill Invite)	@ TBD	1:00 PM		Westhill High School	Departure Point: JDHS Main Gym Departure Time: 11:30 AM	L
Apr 26, 2024	Fri	Regular Season (Chittenango Invitational)	@ TBD	1:00 PM		Chittenango HS	Departure Point: JDHS Main Gym Departure Time: 11:45 AM	L
Apr 26, 2024	Fri	Meet (Chittenango Invitational)	Vs. Multiple	1:00 PM	7:00 PM	Chittenango HS- Stadium		NL
May 3, 2024	Fri	Regular Season (ESM G Invite)	@ TBD	4:30 PM		ESM High School - Stadium	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	L
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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 10, 2024	Fri	Regular Season (Invitational Girls)	@ Oneida	4:30 PM		HS Track, Oneida H S	Departure Point: JDHS Main Gym	L
May 16, 2024	Thu	Regular Season (SCAC League Meet)	Oswego, Fowler, East Syracuse Minoa, Nottingham, Corcoran, Fulton, TBD @ Central Square	4:30 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	Departure Point: JDHS Main Gym	L
Jun 8, 2024	Sat	Post-Season (NYSPHSAA Championships)	@ TBD	TBD		CNS HS- Bragman Stadium	Departure Point: JDHS Main Gym	L

Date: 2024-04-10