

## Coaches:

- Pat Gillette, Head Coach
- Alexandria Payne, Asst CoachEmily Rowles, Asst Coach
- Nancy Raicht, Asst Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START E	END TIME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 29, 2023	Wed	Regular Season (Jack Morse Meet)	@ TBD	4:30 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Dec 7, 2023	Thu	Regular Season (Oscar Jensen Relays)	@ TBD	4:30 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Dec 16, 2023	Sat	Regular Season (George Constantino Meet)	@ TBD	3:00 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Dec 22, 2023	Fri	Meet (WESTHILL INDOOR TRACK AND FIELD INVITATIONAL)	Vs. Multiple	4:00 PM	OCC - SRC Arena		NL
Dec 22, 2023	Fri	Regular Season (Westhill Invite @ SRC Arena)	@ TBD	4:00 PM	Onondaga Community College	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Jan 6, 2024	Sat	Regular Season (John Arcaro Meet)	@ TBD	3:00 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Jan 13, 2024	Sat	Regular Season (Fred Kirschenheiter Meet)	@ TBD	9:00 AM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Jan 18, 2024	Thu	Regular Season (Bob Grieve Meet )	@ TBD	4:30 AM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Jan 26, 2024	Fri	Regular Season (Homer Invite (Throwers))	@ TBD	4:30 PM	JM McDonald Sports Complex	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	L
Feb 1, 2024	Thu	Post-Season (SCAC-League Championship)	@ TBD	4:30 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Feb 6, 2024	Tue	Post-Season (Section 3 Championships )	@ TBD	4:30 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Feb 14, 2024	Wed	Post-Season (State Qualifiers)	@ TBD	4:30 PM	TBD	<b>Departure Point:</b> JDHS Main Gym	L
Mar 2, 2024	Sat	Post-Season (NYSPHSAA STATE CHAMPIONSHIPS)	@ TBD	9:00 AM	TBD	<b>Departure Point:</b> JDHS Main Gym	L

Date: 2024-05-03