

Coaches:

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

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 26, 2019	Tue	Practice	N/A	4:00 PM		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 5:45 PM	
Dec 4, 2019	Wed	Regular Season (Jack Morse Kickoff Relay)	TBD	4:30 PM	9:45 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:00 PM Return Date: Return Time: 9:45 PM	L
Dec 10, 2019	Tue	Practice	N/A	4:00 PM		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 5:45 PM	
Dec 14, 2019	Sat	Regular Season (Oscar Jensen Relays)	TBD	TBD	6:45 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 1:45 PM Return Date: Return Time: 6:45 PM	L
Dec 17, 2019	Tue	Practice	N/A	4:00 PM		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 6:00 PM	
Dec 21, 2019	Sat	Regular Season (George Constantino Memorial)	TBD	TBD		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 7:45 AM Return Date: Return Time: 1:45 PM	L
Dec 30, 2019	Mon	Regular Season (Snow Date IF needed)	TBD	4:30 PM		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 2:45 PM	NL
Jan 3, 2020	Fri	Regular Season (Mohawk Valley Meet # 4)	TBD	TBD	9:45 PM	Utica College	Departure Point: JDHS Departure Time: 2:30 PM Return Date: Return Time: 9:45 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 7, 2020	Tue	Practice	N/A	4:00 PM	6:00 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 6:00 PM	
Jan 11, 2020	Sat	Regular Season (George Constantino Memorial)	TBD	TBD	1:45 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 7:45 AM Return Date: Return Time: 1:45 PM	L
Jan 14, 2020	Tue	Practice	N/A	4:00 PM		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 6:00 PM	
Jan 18, 2020	Sat	Regular Season (Bob Grieve Memorial)	TBD	TBD	6:45 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 1:45 PM Return Date: Return Time: 6:45 PM	L
Jan 26, 2020	Sun	Regular Season (Snow Date IF needed)	TBD	TBD		SRC Arena (OCC)		L
Jan 28, 2020	Tue	Practice	N/A	4:00 PM	6:00 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 6:00 PM	
Jan 30, 2020	Thu	Regular Season (SCAC League Championships)	TBD	4:30 PM		SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:00 PM	L
Feb 4, 2020	Tue	Practice	N/A	4:00 PM	6:00 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:45 PM Return Date: Return Time: 6:00 PM	
Feb 8, 2020	Sat	Post-Season (Sectional Final)	TBD	9:00 AM	1:30 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 7:45 AM Return Date: Return Time: 1:30 PM	NL
Feb 9, 2020	Sun	Post-Season (Snow Date IF needed)	TBD	TBD		SRC Arena (OCC)		NL
Feb 25, 2020	Tue	Post-Season (State Qualifier)	TBD	4:30 PM	9:00 PM	SRC Arena (OCC)	Departure Point: JDHS Departure Time: 3:00 PM Return Date: Return Time: 9:00 PM	NL

DATE	WEEK	ТҮРЕ	OPPONENTS	START E	END TIME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 7, 2020	Sat	Post-Season (NYSPHSAA)	TBD	TBD	Ocean Breeze Staten Island		NL
Mar 8, 2020	Sun	Post-Season (NYSPHSAA)	TBD	TBD	Ocean Breeze Staten Island		NL

Date: 2024-05-20