

Coaches:

- Andrew Lewis, Head Coach
- Gregory Hamilton, Asst Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|-----------|---------------|----------------------------------|----------------|----------------------------|
| Nov 30, 2022 | Wed | Regular Season (CNYITA) | TBD | 4:30 PM | Onondaga Community College | | L |
| Dec 1, 2022 | Thu | Regular Season (CNYITA) | TBD | 4:30 PM | Onondaga Community College | | L |
| Dec 11, 2022 | Sun | Regular Season (CNYITA) | TBD | 9:00 AM | Onondaga Community College | | L |
| Dec 17, 2022 | Sat | Regular Season (CNYITA) | TBD | 9:00 AM | Onondaga Community College | | L |
| Jan 6, 2023 | Fri | Regular Season (MVITA Meet) | TBD | 4:30 PM | Utica College | | L |
| Jan 7, 2023 | Sat | Regular Season (CNYITA) | TBD | 9:00 AM | Onondaga Community College | | L |
| Jan 14, 2023 | Sat | Regular Season (CNYITA) | TBD | 9:00 AM | Onondaga Community College | | L |
| Jan 21, 2023 | Sat | Regular Season (CNYITA Senior March) | TBD | 9:00 AM | Onondaga Community College | | L |
| Feb 2, 2023 | Thu | Regular Season (CNYITA Sectional Championship) | TBD | 4:30 PM | Onondaga Community College | | L |
| Feb 9, 2023 | Thu | Regular Season (CNYITA SCAC leagues) | TBD | 4:30 PM | Onondaga Community College | | L |
| Feb 15, 2023 | Wed | Regular Season (NYSPHSAA Qualifier) | TBD | 4:30 PM | Onondaga Community College | | L |
| Mar 4, 2023 | Sat | Regular Season (NYSPHSAA Champioships) | TBD | TBD | Ocean Breeze, Staten Island | | L |
| TBD | | Practice (Boys Track starts on Monday Nov. 14th. Practices are after school from 3-5 or 5:30. There are no cuts and therefore no tryouts. Weekend practices will be determined weekly.) | N/A | TBD | TBD | | |

Date: 2025-12-19