

## Coaches:

- Christine Smalley
- Ashleigh Staudt

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
POSTPONED Mar 11, 2024	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School	
Mar 12, 2024	Tue	Practice (First Day of Practice)	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 13, 2024	Wed	Practice	N/A	3:00 PM		Middle/High School Fitness Center	
Mar 14, 2024	Thu	Practice	N/A	3:00 PM		Middle/High School Fitness Center	
Mar 14, 2024	Thu	Practice (Parent Meeting)	N/A	5:00 PM	5:45 PM		
Mar 15, 2024	Fri	Practice	N/A	3:00 PM		Middle/High School Fitness Center	
Mar 18, 2024	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 19, 2024	Tue	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 20, 2024	Wed	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 21, 2024	Thu	Practice	N/A	3:00 PM		Middle/High School Fitness Center	
Mar 22, 2024	Fri	Practice	N/A	3:00 PM		Middle/High School Fitness Center	
Mar 25, 2024	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School	
Mar 26, 2024	Tue	Practice	N/A	3:00 PM	РМ	Middle/High School	
Mar 27, 2024	Wed	Practice	N/A	3:00 PM	РМ	Middle/High School	
Mar 28, 2024	Thu	Practice	N/A	3:00 PM	РМ	Middle/High School	
Apr 2, 2024	Tue	Practice	N/A	3:00 PM	РМ	Middle/High School	
Apr 3, 2024	Wed	Practice	N/A	3:00 PM	РМ	Middle/High School	
Apr 4, 2024	Thu	Practice	N/A	3:00 PM	PM	Middle/High School	
Apr 5, 2024	Fri	Practice	N/A	3:00 PM		Middle/High School	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGU / NON- LEAGU
Apr 9, 2024	Tue	Practice	N/A	3:00 PM	4:45 PM	Middle/High School		
Apr 10, 2024	Wed	Practice	N/A	3:00 PM	4:45 PM	Middle/High School		
Apr 11, 2024	Thu	Regular Season	Waterville, Hamilton, Living Word Academy	4:30 PM		Middle/High School Track Stadium		L
Apr 12, 2024	Fri	Practice	N/A	3:00 PM	4:45 PM	Middle/High School		
Apr 16, 2024	Tue	Regular Season	Cooperstown @ Waterville	4:30 PM	9:00 PM	Track	Departure Point: High School Departure Time: 2:45 PM	L
Apr 18, 2024	Thu	Regular Season	Poland, Hamilton	4:30 PM	9:00 PM	Middle/High School Track Stadium		L
Apr 26, 2024	Fri	Regular Season (Cahill Track Invite at Sauquoit)	@ TBD	4:00 PM		Stadium Field	Departure Point: High School Departure Time: 1:30 PM	NL
Apr 29, 2024	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 30, 2024	Tue	Regular Season	Sauquoit Valley, Westmoreland, Cazenovia	4:30 PM		Middle/High School Track Stadium		L
May 1, 2024	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 2, 2024	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 3, 2024	Fri	Regular Season (REK Track Invite at Sidney 3:45 Coaches Meeting)	@ TBD	4:00 PM		Sidney HS Track	Departure Point: High School Departure Time: 1:45 PM	NL
May 3, 2024	Fri	Regular Season (REK Invitational hosted by Norwich at Sidney)	Deposit (Deposit- Hancock), Cincinnatus, Bainbridge Guilford, Unadilla Valley (UV), Oxford (Greene/Oxford), Gilbertsville-Mount Upton, Edmeston (Morris/Edmeston), DeRuyter, Afton (Afton/Harpur), Unatego, Newark Valley, Norwich, TBD @ Sidney	4:00 PM		Sidney HS Track		NL
May 6, 2024	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 7, 2024	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 7, 2024	Tue	Regular Season	Mount Markham @ Oriskany	4:30 PM		Bernie Block Field @ Walbran Elementary	Departure Point: High School Departure Time: 2:45 PM	L
May 8, 2024	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 9, 2024	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		

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May 14, 2024	Tue	Regular Season (CSC Division III and IV Championships)	Mount Markham, Cooperstown, Sauquoit Valley, Westmoreland, Waterville, Hamilton, Poland, New York Mills, Town of Webb UFSD (Varsity Boys Track), Oriskany, Remsen @ TBD	TBD	TBD	<b>Departure Point:</b> High School	L
May 17, 2024	Fri	Regular Season	Faith Heritage, Bishop Grimes, Fabius-Pompey @ DeRuyter	4:00 PM	DeRuyter HS Track	Departure Point: High School Departure Time: 2:45 PM	NL
May 21, 2024	Tue	Post-Season (Section III Class C1 Meet at Utica College)	@ TBD	3:00 PM	TBD	Departure Point: High School Departure Time: 1:45 PM	NL

Date: 2024-05-01