

## Coaches:

- Christine Smalley
- Ashleigh Staudt

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Mar 13, 2023	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 14, 2023	Tue	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 15, 2023	Wed	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 16, 2023	Thu	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 20, 2023	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 21, 2023	Tue	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 22, 2023	Wed	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 23, 2023	Thu	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 24, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 27, 2023	Mon	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 28, 2023	Tue	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 29, 2023	Wed	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 30, 2023	Thu	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Mar 31, 2023	Fri	Practice	N/A	3:00 PM	4:45 PM	Middle/High School Fitness Center	
Apr 3, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Track Stadium	
Apr 4, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Track Stadium	
Apr 5, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Track Stadium	
Apr 6, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Track Stadium	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 17, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
Apr 18, 2023	Tue	Regular Season	Oriskany @ New York Mills	4:30 PM		Track	<b>Departure Point:</b> High School	L
Apr 19, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
Apr 20, 2023	Thu	Regular Season	Hamilton	4:30 PM		Middle/High School Track Stadium	<b>Departure Point:</b> High School	L
Apr 21, 2023	Fri	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
Apr 24, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
Apr 25, 2023	Tue	Regular Season	Mount Markham, DeRuyter	4:30 PM		Middle/High School Track Stadium	<b>Departure Point:</b> High School	L
Apr 26, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
CANCELLED Apr 27, 2023	Thu	Regular Season	@ Cooperstown	4:30 PM		Lambert Field	<b>Departure Point:</b> High School	L
Apr 28, 2023	Fri	Regular Season (Sauquoit Invitational)	@ TBD	4:00 PM		TBD	Departure Point: High School Departure Time: 2:45 PM	NL
May 1, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
May 2, 2023	Tue	Regular Season	Sauquoit Valley @ Westmoreland	4:30 PM		Westmoreland H S	<b>Departure Point:</b> High School	L
POSTPONED May 3, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
May 4, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Stadium		
May 5, 2023	Fri	Regular Season (REK)	Unatego, Oxford (Greene/Oxford), Bainbridge Guilford, DeRuyter, Edmeston (Morris/Edmeston), Sherburne-Earlville, Cincinnatus, Deposit (Deposit-Hancock), Unadilla Valley (UV), Sidney @ Norwich	4:00 PM	9:00 PM	NHS Turf Field		NL
May 8, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School Track Stadium		
May 9, 2023	Tue	Regular Season	Cooperstown @ Waterville	4:30 PM		Track	Departure Point: High School	L
May 12, 2023	Fri	Regular Season (Invitational at Oneida)	@ TBD	3:30 PM		TBD	<b>Departure Point:</b> High School	L
May 15, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 15, 2023	Mon	Regular Season (Steeplechase)	Waterville, Cooperstown, Mount Markham, Owen D. Young (Richfield/ODY), Westmoreland, New York Mills, Town of Webb UFSD (Varsity Boys Track), Sauquoit Valley, Poland, Remsen @ Oriskany	4:30 PM		Bernie Block Field @ Walbran Elementary		L
May 16, 2023	Tue	Regular Season (CSC Division 3 & 4 Track and Field Championships @ Waterville)	Mount Markham, Sauquoit Valley, Oriskany, Westmoreland, Hamilton, New York Mills, Town of Webb UFSD (Varsity Boys Track), Poland, Remsen @ Waterville		10:00 PM	Track		L
May 17, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 18, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 19, 2023	Fri	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 22, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 23, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 24, 2023	Wed	Post-Season (Class C-2 Co-ed Sectionals)	Sauquoit Valley, Tully, Frankfort- Schuyler, Cato- Meridian (Blue Devils), Port Byron, Weedsport, Dolgeville, Cooperstown, Waterville, Sandy Creek, Madison, TBD @ Beaver River	4:00 PM		Beaver River H S	1	L

Date: 2024-05-01