

Coaches:

• Ashleigh Stoudt, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 3, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 4, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 5, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 17, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 18, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 19, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 20, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 21, 2023	Fri	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 24, 2023	Mon	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 25, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 26, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 27, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Apr 27, 2023	Thu		Cooperstown (Modified) @ Sherburne-Earlville	4:30 PM		Stadium	Departure Point: High School Departure Time: 3:00 PM	L
Apr 28, 2023	Fri	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 3, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 4, 2023	Thu	Regular Season	Westmoreland @ Canastota	4:30 PM	7:00 PM	High School Track	Departure Point: High School Departure Time: 3:00 PM	L
May 8, 2023	Mon		Remsen, Mount Markham (Modified Track and Field)	4:30 PM		Middle/High School Track Stadium		L
May 9, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 10, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 11, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 11, 2023	Thu		Adirondack, Clinton @ Remsen	4:30 PM		Alan Heywood Track Complex	Departure Point: High School Departure Time: 3:10 PM	L
May 15, 2023	Mon	Regular Season	Sauquoit Valley @ Clinton	4:30 PM		Stadium Field	Departure Point: High School Departure Time: 3:10 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
May 16, 2023	Tue	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		·
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 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	Regular Season	Little Falls, Frankfort- Schuyler, Canastota @ Westmoreland	4:30 PM	6:30 PM	Westmoreland H S	Departure Point: High School Departure Time: 3:00 PM	L
May 25, 2023	Thu	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
May 30, 2023	Tue	Regular Season	New York Mills (Modified Track and Field), Sauquoit Valley	4:30 PM		Middle/High School Track Stadium		L
May 31, 2023	Wed	Practice	N/A	3:00 PM	4:40 PM	Middle/High School		
Jun 1, 2023	Thu	Regular Season	Clinton, Westmoreland, New York Mills (Modified Track and Field) @ Canastota	4:30 PM	7:00 PM	High School Track	Departure Point: High School Departure Time: 3:20 PM	L

Date: 2024-05-17