

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|------------------------|----------|--|------------------------|------------|----------|---------------|----------------|---------------------|
| Nov 18, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 19, 2024 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 20, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 21, 2024 | Thu | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 22, 2024 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 25, 2024 | Mon | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| CANCELLED Nov 26, 2024 | Tue | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 27, 2024 | Wed | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Nov 29, 2024 | Fri | Practice | N/A | 3:30 PM | 5:00 PM | N Y Mills E S | | |
| Dec 2, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 3, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 4, 2024 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 4, 2024 | Wed | Regular Season (Mohawk Valley Kickoff) | @ TBD | 4:30 PM | | Utica College | | NL |
| Dec 5, 2024 | Thu | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 6, 2024 | Fri | Practice | N/A | 3:00 PM | 4:00 PM | N Y Mills E S | | |
| Dec 9, 2024 | Mon | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 10, 2024 | Tue | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 11, 2024 | Wed | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 11, 2024 | Wed | Regular Season (Mohawk Valley Meet 2) | @ TBD | 7:30 PM | | Utica College | | NL |
| Dec 13, 2024 | Fri | Practice | N/A | 3:00 PM | 5:00 PM | N Y Mills E S | | |
| Dec 16, 2024 | Mon | Regular Season (Oscar B. Jensen Relays) | @ TBD | 4:00 PM | | TBD | | NL |
| Dec 28, 2024 | Sat | Regular Season | TBD | 9:00 AM | | Utica College | | L |
| Jan 4, 2025 | Sat | Regular Season (Hispanic Games-New York) | Eleanor Roosevelt High | 8:30 AM | 5:00 PM | Utica College | | L |
| Feb 25, 2025 | Tue | Regular Season | TBD @ TBD | 4:00 PM | | TBD | | L |