

Coaches:

- Shaun Horan, Head Coach
- Sydney Chaffee, CoachGloria Decker, Coach
- Phil Curley, Coach
- Tom Stoddard, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE DEPARTURE TRANSPORTATION / NON- LEAGUE
Mar 11, 2024	Mon	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 12, 2024	Tue	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 13, 2024	Wed	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 14, 2024	Thu	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 15, 2024	Fri	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 18, 2024	Mon	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 19, 2024	Tue	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 20, 2024	Wed	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 21, 2024	Thu	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym	
Mar 21, 2024	Thu	Practice (Varsity Boys/Girls Outdoor Tract Practice - SE School)	N/A	TBD		TBD	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Mar 22, 2024	Fri	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Mar 25, 2024	Mon	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
CANCELLED Mar 25, 2024	Mon	Practice (Varsity Boys/Girls Outdoor Tract Practice - SE School)	N/A	TBD		TBD		Departure Point: NHS Gym Doors Departure Time: 3:45 PM	
Mar 26, 2024	Tue	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Mar 27, 2024	Wed	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Mar 28, 2024	Thu	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Mar 28, 2024	Thu	Regular Season (Rotary Relays)	Spencer-Van Etten, Greene (Greene/Oxford) @ Chenango Forks	4:30 PM		High School - Stadium	Bus/Driver: Leslie Wilcox Class Dismissal: 2:45 PM	Departure Point: NHS Gym Doors Departure Time: 3:00 PM	NL
Mar 28, 2024	Thu	Practice (Varsity Boys/Girls Outdoor Tract Practice - SE School)	N/A	TBD		TBD		Departure Point: NHS Gym Doors Departure Time: 3:45 PM	
Mar 29, 2024	Fri	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	NHS Multipurpose Room, NHS Fitness Room			
Mar 29, 2024	Fri	Practice (Varsity Boys Outdoor Track)	N/A	3:15 PM	5:00 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Mar 30, 2024	Sat	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	NHS Multipurpose Room, NHS Fitness Room			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 1, 2024	Mon	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	Fitness Room			
Apr 2, 2024	Tue	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	NHS Multipurpose Room, NHS Fitness Room			
Apr 3, 2024	Wed	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	NHS Multipurpose Room, NHS Fitness Room			
CANCELLED Apr 4, 2024	Thu	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	NHS Multipurpose Room, NHS Fitness Room			
Apr 5, 2024	Fri	Practice (Varsity Outdoor Track Practice)	N/A	10:00 AM	12:00 PM	NHS Multipurpose Room, NHS Fitness Room			
Apr 8, 2024	Mon	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 9, 2024	Tue	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 9, 2024	Tue	Regular Season	@ Ithaca	4:30 PM	7:30 PM	IHS Moresco Stadium	Danny	Departure Point: HS Gym Doors Departure Date: Apr 9, 2024 Departure Time: 2:15 PM	NL
Apr 10, 2024	Wed	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 11, 2024	Thu	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 12, 2024	Fri	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 13, 2024	Sat	Regular Season (NY/PA Track Invitational Windsor)	@ TBD	9:30 AM		TBD	Bus/Driver: Jaylmo Santalucia	Departure Point: NHS Gym Doors Departure Date: Apr 13, 2024 Departure Time: 8:00 AM	L
Apr 15, 2024	Mon	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 16, 2024	Tue	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 16, 2024	Tue	Regular Season	@ Vestal	5:00 PM		Vestal Dick Hoover Stadium	Bus/Driver: Arthur Graves Class Dismissal: 2:30 PM	Departure Date: Apr 16, 2024 Departure Time: 2:45 PM	L
Apr 17, 2024	Wed	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 18, 2024	Thu	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 19, 2024	Fri	Practice (Varsity Boys Track Indoor Practice as needed)		3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 20, 2024	Sat	Regular Season (Douglas Quinney Invitational Track Meet - Sidney High School)		9:30 AM		TBD		Departure Point: NHS Gym Doors Departure Time: 8:30 AM	L
Apr 22, 2024	Mon	Practice (Varsity Boys Track Indoor Practice as needed)		3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 23, 2024	Tue	Practice (Varsity Boys Track Indoor Practice as needed)		3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Apr 23, 2024	Tue	Regular Season (Senior Night)	@ Oneonta	5:00 PM		Oneonta High School	Class Dismissal: 2:45 PM	Departure Point: NHS Gym Doors Departure Time: 3:00 PM	L
Apr 24, 2024	Wed	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 25, 2024	Thu	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 25, 2024	Thu	Regular Season (Penn Relay)	@ TBD	TBD		TBD	Bus/Driver: Shaun Horan Van C3	Departure Point: NHS Gym Departure Date: Apr 25, 2024 Departure Time: 6:00 AM	NL
Apr 26, 2024	Fri	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 29, 2024	Mon	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 30, 2024	Tue	Practice (Varsity Boys Track Indoor Practice as needed)	N/A	3:15 PM	5:30 PM	NHS Hallways, NHS Alcove Multipurpose Gym			
Apr 30, 2024	Tue	Regular Season	@ Susquehanna Valley	4:30 PM	7:00 PM	SVHS Track	Class Dismissal: 2:15 PM	Departure Point: NHS Gym Doors Departure Time: 2:30 PM	L
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), Sidney, Unatego, Newark Valley, Morrisville-Eaton @ TBD	PIVI		Sidney HS Track			NL
May 3, 2024	Fri	Regular Season (REK @ Sidney HS)	TBD	4:00 PM	10:00 PM	TBD	Class Dismissal: 1:45 PM	Departure Point: NHS Gym Doors Departure Time: 2:00 PM	NL

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May 3, 2024	Fri	Regular Season (REK Invitational)	Edmeston (Morris/Edmeston)	4:00 PM	NHS Turf Field			NL
May 7, 2024	Tue	Regular Season	@ Windsor	5:00 PM	Windsor High School Track	Class Dismissal: 2:15 PM	Departure Point: NHS Gym Doors Departure Time: 2:45 PM	L
May 10, 2024	Fri	Regular Season (Oneonta Track and Field Invitational)	@ TBD	4:30 PM	TBD	Class Dismissal: 2:30 PM	Departure Point: NHS Gym Doors Departure Time: 2:45 PM	L
May 17, 2024	Fri	Regular Season (Need for Speed INvitational @ Johnson City NY)		4:30 PM	TBD	Class Dismissal: 3:00 PM	Departure Point: NHS Gym Doors Departure Time: 3:15 PM	L

Date: 2024-04-20