Coaches:



- Mike Terboss
- Tom Mitchell

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|-----------|---------------|-------------|----------------------------------|--------------------------|----------------------------|
| Mar 18, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field pre-season Fitness) | N/A | 2:30 PM | 3:30 PM | UEHS Weight Room | | |
| Mar 20, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field pre-season Fitness) | N/A | 2:30 PM | 3:30 PM | UEHS Weight Room | | |
| Mar 25, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field pre-season Fitness) | N/A | 2:30 PM | 3:30 PM | UEHS Weight Room | | |
| Mar 27, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field pre-season Fitness) | N/A | 2:30 PM | 3:30 PM | UEHS Weight Room | | |
| Apr 1, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:30 PM | 4:00 PM | Jennie F Snapp MS Main Gym | | |
| Apr 2, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:30 PM | 4:00 PM | Jennie F Snapp MS Main Gym | | |
| Apr 3, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 4, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 5, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 8, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | DEPARTURE TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|--|---------------|-------------|---------------------------|---------------------------------|----------------------------|
| Apr 9, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 10, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 11, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 12, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 17, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 11:00 AM | 12:30 PM | UEHS Mike Miller Track | | |
| Apr 18, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 11:00 AM | 12:30 PM | UEHS Mike Miller Track | | |
| Apr 19, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 11:00 AM | 12:30 PM | UEHS Mike Miller Track | | |
| Apr 23, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 24, 2019 | Wed | Regular Season | Binghamton, Oneonta, Corning-Painted Post | 4:30 PM | 6:30 PM | UEHS Mike Miller Track | | L |
| Apr 25, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 26, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |
| Apr 27, 2019 | Sat | Regular Season | Ithaca, Owego Apalachin, Oneonta | 4:30 PM | 7:30 PM | UEHS Mike Miller Track | | L |
| Apr 29, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | |

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| Apr 29, 2019 | Mon | Regular Season | Binghamton, Vestal @ Johnson City | 5:00 PM | 6:30 PM | JC HS Track | Bus/Driver: DB2 | Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM | L |
| Apr 30, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 1, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 2, 2019 | Thu | Regular Season | Elmira (Elmira Express), Chenango Valley | 4:30 PM | 6:30 PM | UEHS Mike Miller Track | | | L |
| May 3, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 6, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 6, 2019 | Mon | Meet (Ithaca vs. M-E/ U-E) | Vs. Multiple | 4:30 PM | 7:00 PM | IHS Moresco Stadium | Bus/Driver: DB2 | Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 6:30 PM | NL |
| May 7, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 8, 2019 | Wed | Regular Season | Corning-Painted Post, Susquehanna Valley | 4:30 PM | 6:30 PM | UEHS Mike Miller Track | | | L |
| May 9, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 10, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 13, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |

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| May 14, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 15, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 15, 2019 | Wed | Regular Season | Horseheads @ Johnson City | 4:30 PM | 6:30 PM | JC Wildcat Stadium | | | L |
| May 17, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 20, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 4:30 PM | 7:00 PM | Binghamton Alumni Stadium | | | |
| May 20, 2019 | Mon | Post-Season | Ithaca, Johnson City, Elmira (Elmira Express), Corning-Painted Post, Horseheads, Maine-Endwell @ Binghamton | 5:00 PM | 7:00 PM | Alumni Stadium | Bus/Driver: DB2 | Departure Point: UEHS Upper Parking Lot Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM | L |
| May 21, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 22, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 23, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 24, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 27, 2019 | Mon | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 28, 2019 | Tue | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |

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| May 28, 2019 | Tue | Meet (Snapple Invite) | Vs. Multiple | 4:15 PM | 7:15 PM | HHS High School Track | Bus/Driver: DB2 | Departure Point: JFS Bus Loop Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM | NL |
| May 29, 2019 | Wed | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 30, 2019 | Thu | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |
| May 31, 2019 | Fri | Practice (Modified Boy's & Girl's Track & Field) | N/A | 2:45 PM | 4:15 PM | UEHS Mike Miller Track | | | |

Date: 2024-07-22