Coaches:



• Tom Mitchell

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	/ NON- LEAGUE
Nov 7, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 7, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 8, 2018	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 9, 2018	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 13, 2018	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 14, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 15, 2018	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 16, 2018	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 19, 2018	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 20, 2018	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 21, 2018	Wed	Practice	N/A	11:00 AM	1:00 PM	Jennie F Snapp MS Main Gym			
Nov 23, 2018	Fri	Practice	N/A	11:00 AM	12:00 PM	UEHS Weight Room			
Nov 26, 2018	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 27, 2018	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 28, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 29, 2018	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Nov 30, 2018	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 1, 2018	Sat	Meet (Finger Lakes Invite)	Vs. Multiple	9:00 AM	2:00 PM	Cortland State	Bus/Driver: DB2	Departure Point: JFS Bus Loop Departure Time: 7:00 AM Return Date: Return Time: 2:00 PM	NL
Dec 3, 2018	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 4, 2018	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 5, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 6, 2018	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 7, 2018	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	/ NON- LEAGUE
Dec 8, 2018	Sat	Meet (Ithaca Bombers)	Vs. Multiple	10:00 AM	5:00 PM	Ithaca College	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 8:00 AM Return Date: Return Time: 5:00 PM	NL
Dec 10, 2018	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 11, 2018	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 12, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 13, 2018	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 14, 2018	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 15, 2018	Sat	Meet (607 Invite)	Vs. Multiple	1:00 PM	7:00 PM	Cortland State	Bus/Driver: DB2	Departure Point: JFS Bus Loop Departure Time: 11:00 AM Return Date: Return Time: 7:00 PM	NL
Dec 17, 2018	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 18, 2018	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 19, 2018	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Dec 21, 2018	Fri	Meet (Section IV Classic)	Vs. Multiple	5:00 PM		Cortland State	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 3:00 PM Return Date: Return Time: 10:00 PM	NL
Dec 26, 2018	Wed	Practice	N/A	11:00 AM	1:00 PM	Jennie F Snapp MS Main Gym			
Dec 27, 2018	Thu	Practice	N/A	11:00 AM	1:00 PM	Jennie F Snapp MS Main Gym			
Dec 28, 2018	Fri	Practice	N/A	11:00 AM	1:00 PM	Jennie F Snapp MS Main Gym			
Dec 31, 2018	Mon	Practice	N/A	9:00 AM	AM	UEHS Weight Room			
Jan 2, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 3, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 4, 2019	Fri	Meet (Quinney Invite)	Vs. Multiple	5:00 PM	10:00 PM	Cortland State	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 3:00 PM Return Date: Return Time: 10:00 PM	NL
Jan 7, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 8, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	E TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 9, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 10, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 11, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 14, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 15, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 16, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 17, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 18, 2019	Fri	Meet (Hurley Invite)	Vs. Multiple	5:00 PM		Ithaca College	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 3:00 PM Return Date: Return Time: 12:00 AM	NL
Jan 22, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 23, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 24, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 25, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 28, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 29, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 30, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Jan 31, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 1, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 4, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 5, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 6, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 7, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 8, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 11, 2019	Mon	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 12, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 13, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 14, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 15, 2019	Fri	Meet (Sectionals)	Vs. Multiple	5:00 PM	11:55 PM	Ithaca College	Bus/Driver: DB2	Departure Point: UEHS Upper Parking Lot Departure Time: 3:00 PM Return Date: Return Time: 11:55 PM	NL
Feb 19, 2019	Tue	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 20, 2019	Wed	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 21, 2019	Thu	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 22, 2019	Fri	Practice	N/A	3:30 PM	5:30 PM	TBD			
Feb 23, 2019	Sat	Meet (State Qualifier)	Vs. Multiple	9:00 AM		Cornell University	Bus/Driver: DB1	Departure Point: JFS Bus Loop Departure Time: 7:00 AM Return Date: Return Time: 5:00 PM	NL
Mar 1, 2019	Fri	Meet (State Meet)	Vs. Multiple	TBD		Ocean Breeze Track & Field Facility			NL
Mar 2, 2019	Sat	Meet (State Meet)	Vs. Multiple	TBD		Ocean Breeze Track & Field Facility			NL
TBD		Meet (Indoor Nationals)	Vs. Multiple	TBD		The Armory			NL

Date: 2025-02-19