



Binghamton

(G) V Outdoor Track

Coaches:

- John Ochs, Head Coach
- David Cody, Asst Coach
- Mary Babola, Asst Coach
- Mark Fish, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Mar 14, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Mar 14, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 15, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 16, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 17, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Mar 17, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 18, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 19, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Alumni Stadium		
Mar 21, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 21, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Mar 22, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 23, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 24, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 24, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Mar 25, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 26, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	Alumni Stadium		
Mar 28, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 28, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Mar 29, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Mar 30, 2022	Wed	Regular Season	@ TBD	5:00 PM		Vestal Dick Hoover Stadium		L
Mar 31, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Mar 31, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 1, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 2, 2022	Sat	Regular Season (NY/PA Invitational)	@ TBD	10:00 AM		Windsor High School Track		NL
Apr 4, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 4, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Apr 5, 2022	Tue	Regular Season	Corning-Painted Post	5:30 PM		Alumni Stadium		L
Apr 6, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 7, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Apr 7, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 8, 2022	Fri	Regular Season (CSI Relays)	@ TBD	5:00 PM		High School - Stadium		NL
Apr 9, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Alumni Stadium		
Apr 18, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Apr 18, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 19, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 21, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 21, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Apr 22, 2022	Fri	Regular Season (Square Deal Invitational)	@ TBD	5:00 PM		JC Wildcat Stadium		NL
Apr 23, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Alumni Stadium		
Apr 25, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Apr 25, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 25, 2022	Mon	Regular Season 40-70 L	@ Johnson City	5:00 PM		JC Wildcat Stadium		L
Apr 26, 2022	Tue	Regular Season 39-85 L	Union-Endicott	5:30 PM		Alumni Stadium		L
Apr 27, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 28, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
Apr 28, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
Apr 29, 2022	Fri	Regular Season (Golden Bear Invitational)	@ TBD	5:00 PM		Vestal Dick Hoover Stadium		NL
Apr 30, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Alumni Stadium		
May 2, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 2, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
May 3, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 4, 2022	Wed	Regular Season	Maine-Endwell	5:30 PM		Alumni Stadium		L
May 5, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
May 5, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 6, 2022	Fri	Regular Season (Ithaca Relays)	@ TBD	4:00 PM		IHS Moresco Stadium		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
May 7, 2022	Sat	Practice	N/A	9:00 AM	11:00 AM	Alumni Stadium		
May 9, 2022	Mon	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 9, 2022	Mon	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
May 10, 2022	Tue	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 11, 2022	Wed	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 12, 2022	Thu	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 12, 2022	Thu	Practice (Sprinters, Jumpers, & Throwers)	N/A	3:30 PM	5:30 PM	Binghamton High School-Gym		
May 13, 2022	Fri	Practice	N/A	3:30 PM	6:00 PM	Alumni Stadium		
May 14, 2022	Sat	Regular Season (Parkhurst Invitational)	@ TBD	12:00 PM		UEHS Mike Miller Track		NL

Date: 2024-09-18