

**SYRACUSE UNIVERSITY  
NOONTIME RUNNING LEAGUE  
SUMMER 2025 SCHEDULE**

| <b>Date</b> | <b>Day</b> | <b>Event</b> |                     |
|-------------|------------|--------------|---------------------|
| 5/13/25     | Tues       | 3K           |                     |
| 5/20/25     | Tues       | MILE         |                     |
| 5/27/25     | Tues       | 800          |                     |
| 6/3/25      | Tues       | 400          |                     |
| 6/10/25     | Tues       | 5K*          | Workforce Run OLP   |
| 6/17/25     | Tues       | 15K          |                     |
| 6/24/25     | Tues       | 4x400 Relay  |                     |
| 7/1/25      | Tues       | 100          |                     |
| 7/8/25      | Tues       | 200          |                     |
| 7/15/25     | Tues       | 5K           |                     |
| 7/22/25     | Tues       | 4x800 Relay  |                     |
| 7/29/25     | Tues       | 8K           |                     |
| 8/5/25      | Tues       | 4x200 Relay  |                     |
| 8/12/25     | Tues       | 3K           |                     |
| 8/19/25     | Tues       | MILE         |                     |
|             | tba        | 5/10K        | Onondaga Lake Park? |

**FIRST HEAT STARTS PROMPTLY AT NOON EACH WEEK ON THE SKYTOP TRACK.**