| Date | Time | Finish | Competition | Venue | Home Team | Away Team |
|--------------|-----------------|---------|-----------------------------------|------------------|------------------|---------------------------------------|
| MARCH | as of 2-8-24 at | 8:00 pm | · | | | |
| Sat March 2 | | | Men - 7s | Seton Hall Uni. | Seton Hall Uni. | Hofstra Uni. |
| Sun March 3 | | | Women - 7s | Montclair State | Montclair State | Columbia, TCNJ, Rutgers |
| | | | Women - 7s | Fordham Uni. | Fordham Uni. | Stony Brook, Hofsta, Marist |
| | | | Men - 7s | SUNY-Oneonta | SUNY-Oneonta | New Paltz |
| Sun March 10 | | | Women - 7s | Montclair State | Montclair State | New Paltz, Molloy, Fordham |
| Sun March 17 | | | Women - 7s | Fordham Uni. | Fordham Uni. | Columbia, Drew, Siena |
| Sat March 23 | 10:30 AM | 3:00 PM | Men - 7s | Vassar College | Vassar College | New Paltz, Seton Hall Uni. |
| Sun March 24 | 12:00 PM | 5:30 PM | Women 15s | Vassar College | Vassar College | Hofstra Uni. |
| | | | Women - 7s | Fairfield Uni. | Fairfield Uni. | Columbia, Drew, Marist, RPI |
| | | | Women -7s | Rutgers Uni. | Rutgers Uni. | Fordham Uni. |
| | | | Women 7s | TCNJ | TCNJ | Stony Brook, Montclair State |
| | | | Men - 7s | Montclair State | Montclair State | SUNY-Maritime |
| Sat March 30 | | | Women - 7s | Rutgers Uni. | Rutgers Uni. | Columbia, Drew, RPI |
| | | | Men - 7s | Bard College | Bard College | Vassar, SUNY-Oneonta, Drew. |
| | | | Men - 7s | SUNY-Maritime | SUNY-Maritime | Hofstra Uni. |
| | | | Men - 7s | Seton Hall Uni. | Seton Hall Uni. | Molloy College |
| Sun March 31 | 12:00 PM | 5:00 PM | Women 15s | Vassar College | Vassar College | UMass., Amherst |
| | | | | <u> </u> | Ü | , |
| APRIL | | | | | | |
| Sat April 6 | 9:30 AM | 6:00 PM | Tri-State Men's 7s Championship | Hofstra Uni. | Hofstra Uni. | 12 teams |
| Sun April 7 | 9:30 AM | | Tri-State Women's 7s Championship | Stony Brook Uni. | Stony Brook Uni. | 16 teams |
| | | | | , | , | |
| Sat April 13 | 12:00 PM | 5:00 PM | Women - 15s | Vassar College | Vassar College | Mt. Holyoke College |
| | | 5:00 PM | Women -7s | Vassar College | Vassar College | Rutgers Uni. |
| | | | Women - 15s | RPI | RPI | Albany Law |
| | | | Women -7s | Marist College | Marist College | RPI, Fairfield |
| | | | Women - 15s | Fordham Uni. | Fordham Uni. | Alum Game |
| | | | Men - 15s | SUNY-New Paltz | SUNY-New Paltz | SUNY-Oneonta, Bard |
| | | | Men - 7s | Maritime | Maritime | Molloy, Hofstra, USMMA |
| Sun April 14 | | | Women -7s Maria Brown Memorial 7s | Siena College | Siena College | New Paltz |
| | | | Women 7s | TCNJ | TCNJ | Drew |
| | 10:30 AM | 3:00 PM | Men - 7s | Vassar College | Vassar College | UAlbany, Sacred Heart |
| Sun April 21 | 11:00 AM | 1:00 PM | Women - 15s | Vassar College | Vassar College | Vassar Alum Women's Game |
| | 12:00 PM | 2:00 PM | Men - 15s | Vassar College | Vassar College | Vassar Alum Men's Game |
| | | | Men - 7s | SUNY-New Paltz | SUNY-New Paltz | Bard, Molloy |
| | | | Women -7s | Hofstra Uni. | Hofstra Uni. | Drew, Molloy, New Paltz, Rutgers, SBU |
| | | | | | | |
| MAY | | | | | | |
| Sat May 4 | | | Women - 7s | Hofstra Uni. | Hofstra Uni. | Hofstra Alum Women |
| | | | Men - 15s | Seton Hall Uni. | Seton Hall Uni. | Seton Hall Alum men's Game |
| | | | Men - 7s | SUNY-Oneonta | SUNY-Oneonta | Maritime College |
| | | | Men - 15s | USMMA | USMMA | USMMA Alum Men's Game |
| | | | Men - 15s | Molloy College | Molloy College | Molloy Alum Men's Game |