

Coaches:

• Michelle Rauber, Head Coach

DATE	WEEK	TYPE	OPPONENTS	START	END	LOCATION	TRANSPORTATION	LEAGUE
DATE	DAY	TTPE	OPPONENTS	TIME	TIME	LOCATION	TRANSPORTATION	LEAGUE
Sep 7, 2022	Wed	Regular Season	Manlius Pebble Hill @ Onondaga Central	4:30 PM		Cross Country Trail	Departure Time: 3:15 PM	L
Sep 10, 2022	Sat	Regular Season	@ Vernon-Verona- Sherrill	8:30 AM		Cross Country Course	Departure Time: 6:00 AM	NL
Sep 14, 2022	Wed	Regular Season	DeRuyter, Cincinnatus @ Cincinnatus	4:30 PM		Cincinnatus XC course on Fireman's Field 2647 Route 26 Cincinnatus, NY 13040	Departure Time: 3:00 PM	L
Sep 21, 2022	Wed	Regular Season	Altmar-Parish- Williamstown (APW Rebels) @ Faith Heritage	4:30 PM		Faith Heritage		L
Sep 24, 2022	Sat	Regular Season (Six Flags Wild Safari)	@ TBD	TBD		TBD		NL
Sep 28, 2022	Wed	Regular Season	Fabius-Pompey, LaFayette	4:30 PM		Tully XC Course		L
Oct 1, 2022	Sat	Regular Season (McQuaid Invite)	@ McQuaid Jesuit	TBD		TBD	Departure Time: 6:00 AM	NL
Oct 5, 2022	Wed	Regular Season	Port Byron (Port Byron/Union Springs), DeRuyter, Faith Heritage, Bishop Grimes, Cazenovia	4:30 PM		Tully XC Course		NL
Oct 7, 2022	Fri	Regular Season (Tornado 5000 Invite)	Deposit (Deposit- Hancock), Windsor, Edmeston (Edmeston/Morris), Sidney, Gilbertsville- Mount Upton (UV/GMU), Skaneateles, Cincinnatus @ Norwich	4:30 PM	6:30 PM	NHS Hallways	Departure Time: 2:30 PM	NL
Oct 12, 2022	Wed	Regular Season	Cincinnatus @ Jordan-Elbridge	4:30 PM		JE HS Cross Country Course		NL
Oct 15, 2022	Sat	Regular Season	Homer, Bishop Grimes, Cazenovia, Chittenango, Cincinnatus, Cortland, Mexico, Manlius Pebble Hill, New York Mills, Notre Dame, Utica, Oneida, Sandy Creek, South Jefferson, Trumansburg, Whitesboro, Sullivan West, Altmar-Parish- Williamstown (APW Rebels)	8:45 AM	2:00 PM	Tully H S		NL

DATE	WEEI DAY	⁽ TYPE	OPPONENTS	STAR [*] TIME	T END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 25, 2022	Tue	Meet (OHSL League Meet)	Vs. Multiple	4:00 PM	7:00 PM	Cato-Meridian Cross Country Course	Departure Time: 1:45 PM	NL
Nov 5, 2022	Sat	Post-Season (Sectionals at VVS HS)	@ TBD	12:40 PM	1:10 PM	TBD		NL

Date: 2025-12-05