

Coaches:

• Jessica Lister, Head Coach

DATE	WEE! DAY	^C TYPE	OPPONENTS	START TIME	END LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville- Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan- Elbridge, Marcellus, Beaver River, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius- Pompey, Vernon- Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM	Mount Markham HS		NL
Sep 16, 2025	Tue	Regular Season	General Brown, Thousand Islands	5:00 PM	Wiley Intermediate School Wiley Trails		L
Sep 23, 2025	Tue	Regular Season	Carthage @ South Lewis	5:00 PM	South Lewis Cross Country Course	,	L
Sep 30, 2025	Tue	Regular Season	Indian River @ Beaver River	5:00 PM	Beaver River H S		L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	11:20 AM	Deerfield Town Wilderness Park		NL
Oct 7, 2025	Tue	Regular Season	Sandy Creek @ South Jefferson	5:00 PM	SJ HS/MS - Cross Country Course	,	L
Oct 14, 2025	Tue	Regular Season (Frontier League Meet)	Carthage, Sandy Creek, General Brown, Thousand Islands, South Lewis, South Jefferson, Indian River @ Beaver River	3:00 PM	Beaver River H S		L

DATE	WEEK DAY	PE	OPPONENTS	START TIME	END TIME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Nov 1, 2025	(53 Sat Ber (Ad	gular Season Brd Annual John rnard dirondack) Cross untry Invitaional)	Clinton, West	9:00 AM	Adirondack HS		L

Date: 2025-12-05