



West Genesee

(G) V Cross Country

Coaches:

- Molly O'Keefe, Head Coach
- Greg Gangemi, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 16, 2018	Thu	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 17, 2018	Fri	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 20, 2018	Mon	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 21, 2018	Tue	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 22, 2018	Wed	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 23, 2018	Thu	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 27, 2018	Mon	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 28, 2018	Tue	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 29, 2018	Wed	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 30, 2018	Thu	Practice	N/A	8:00 AM	10:30 AM	TBD		
Aug 31, 2018	Fri	Practice (Blue-Gold 5K Challenge/Team Brunch)	N/A	8:00 AM	11:00 AM	TBD		
Sep 3, 2018	Mon	Practice	N/A	6:00 PM	7:30 PM	TBD		
Sep 4, 2018	Tue	Practice	N/A	3:00 PM	5:15 PM	TBD		
Sep 6, 2018	Thu	Regular Season	Baldwinsville	4:30 PM	6:30 PM	TBD		L
Sep 12, 2018	Wed	Regular Season	Cicero-North Syracuse @ Nottingham (Nottingham)	4:30 PM		Nottingham Cross Country		L
Sep 19, 2018	Wed	Regular Season	Henninger (Henninger)	4:30 PM		TBD		L
Sep 26, 2018	Wed	Regular Season	Fayetteville-Manlius @ Liverpool	4:30 PM		Liverpool Long Branch Park		L
Sep 29, 2018	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	1:00 PM		McQuaid Jesuit HS	Departure Time: 1:00 PM	NL
Oct 17, 2018	Wed	Regular Season (SCAC League Meet)	Fowler (Syracuse West), Henninger (Henninger), Nottingham (Nottingham), Liverpool, Cicero-North Syracuse, Fulton, Fayetteville-Manlius, Central Square, Oswego, Auburn, Jamesville-Dewitt, East Syracuse Minoa, Cortland @ Baldwinsville	4:30 PM	7:30 PM	Bville - Durgee Cross Country Trail		L

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Nov 3, 2018	Sat	Regular Season (Sectional Finals)	@ Chittenango	1:00 PM		Chittenango HS- XC Course		L

Date: 2026-01-22