



Cato-Meridian

(G) V Cross Country (Blue Devils)

Coaches:

- Donna Cappellano
- Ryan Ellis

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 27, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Sep 1, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Track		
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Sep 3, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Sep 5, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Track		
Sep 6, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Track		
Sep 7, 2022	Wed	Regular Season	Jordan-Elbridge, Bishop Grimes, Weedsport	4:30 PM		Cato-Meridian Cross Country Course		L
Sep 8, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Track		
Sep 9, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	Cato-Meridian Track		
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ TBD	TBD		Cross Country Course	Departure Time: 11:45 AM	L
Sep 12, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 13, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 14, 2022	Wed	Regular Season	@ Pulaski	4:30 PM		Pulaski MS/HS Stadium	Departure Time: 2:45 PM	L
Sep 15, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 16, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 17, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Sep 19, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 20, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 21, 2022	Wed	Regular Season	Weedsport @ Port Byron (Port Byron/Union Springs)	4:30 PM		Port Byron Cross Country Trail	Departure Time: 3:30 PM	L
Sep 22, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 23, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 24, 2022	Sat	Regular Season (Baldwinsville Cross Country Invitational)	@ TBD	7:00 AM		Bville - Durgee Cross Country Trail	Departure Time: 6:00 AM	NL
Sep 26, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 27, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 28, 2022	Wed	Regular Season	Cincinnati, Bishop Ludden, Cincinnati	4:30 PM		Cato-Meridian Cross Country Course		L
Sep 29, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Sep 30, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM	6:00 PM	Genesee Valley Park	Departure Time: 6:30 AM	L
Oct 3, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 4, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 5, 2022	Wed	Regular Season	Pulaski @ Altmar-Parish-Williamstown (APW Rebels)	4:30 PM		A-P-W Elementary School	Departure Time: 2:45 PM	NL
Oct 6, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 8, 2022	Sat	Regular Season (Manhattan Invitational)	@ TBD	12:00 PM		Manhattan Invitational Van Cortlandt Park East		NL
Oct 10, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 11, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 12, 2022	Wed	Regular Season	LaFayette, DeRuyter	4:30 PM		Cato-Meridian Cross Country Course		NL
POSTPONED Oct 13, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 14, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 15, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 15, 2022	Sat	Regular Season	Auburn, Bishop Ludden, Camden, Central Square, C.J. Finney HS, Fairport, Henninger (Henninger), Jamesville-Dewitt, Jordan-Elbridge, Mynderse Academy, Oswego, Port Byron (Port Byron/Union Springs) @ Weedsport	8:30 AM		Weedsport Jr.-Sr. High School		L
Oct 17, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 18, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 19, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 20, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 21, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 22, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 24, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 25, 2022	Tue	Meet (OHSL League Meet)	Vs. Multiple	4:00 PM	7:00 PM	Cato-Meridian Cross Country Course		NL
Oct 26, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 27, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 28, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Oct 29, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 31, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 1, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 2, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 3, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 4, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	TBD		
Nov 5, 2022	Sat	Post-Season (Sectional Championships)	@ TBD	TBD		Cross Country Course	Departure Time: 7:00 AM	NL

Date: 2024-05-03