



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 21, 2023	Mon	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 22, 2023	Tue	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 23, 2023	Wed	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 24, 2023	Thu	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 25, 2023	Fri	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 26, 2023	Sat	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 28, 2023	Mon	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 29, 2023	Tue	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Aug 30, 2023	Wed	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Sep 1, 2023	Fri	Practice (Varsity Cross Country Practice)	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Sep 5, 2023	Tue	Practice	N/A	TBD		TBD		
Sep 6, 2023	Wed	Practice	N/A	TBD		TBD		
Sep 7, 2023	Thu	Practice	N/A	TBD		TBD		
Sep 8, 2023	Fri	Practice	N/A	TBD		TBD		
Sep 9, 2023	Sat	Regular Season (Cato-Meridian Invitational)	Jamesville-Dewitt	9:00 AM		Cato-Meridian Cross Country Course		L
Sep 11, 2023	Mon	Practice	N/A	TBD		TBD		
Sep 12, 2023	Tue	Practice	N/A	TBD		TBD		
Sep 13, 2023	Wed	Regular Season	TBD @ Port Byron (Port Byron/Union Springs)	4:30 PM		Port Byron Cross Country Trail	Departure Time: 3:00 PM	L
Sep 14, 2023	Thu	Practice	N/A	TBD		TBD		
Sep 15, 2023	Fri	Practice	N/A	TBD		TBD		
Sep 16, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Sep 18, 2023	Mon	Practice	N/A	TBD		TBD		
Sep 19, 2023	Tue	Practice	N/A	TBD		TBD		
Sep 20, 2023	Wed	Regular Season	Bishop Grimes	4:30 PM	6:30 PM	Cato-Meridian Cross Country Course		L
Sep 21, 2023	Thu	Practice	N/A	TBD		TBD		
Sep 22, 2023	Fri	Practice	N/A	TBD		TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 25, 2023	Mon	Practice	N/A	TBD		TBD		
Sep 26, 2023	Tue	Practice	N/A	TBD		TBD		
Sep 27, 2023	Wed	Practice	N/A	TBD		TBD		
Sep 28, 2023	Thu	Practice	N/A	TBD		TBD		
Sep 29, 2023	Fri	Practice	N/A	TBD		TBD		
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	TBD		TBD	Departure Time: 5:30 AM	NL
Oct 2, 2023	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 3, 2023	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 4, 2023	Wed	Regular Season	Pulaski @ Weedsport	4:30 PM	6:30 PM	TBD	Departure Time: 3:00 PM	L
Oct 5, 2023	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 6, 2023	Fri	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 7, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Oct 9, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Oct 10, 2023	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 11, 2023	Wed	Regular Season (Senior Night)	Altmar-Parish-Williamstown (APW Rebels), TBD	4:30 PM	6:30 PM	Cato-Meridian Cross Country Course		L
Oct 12, 2023	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 16, 2023	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 17, 2023	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 18, 2023	Wed	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 19, 2023	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 20, 2023	Fri	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 21, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Oct 23, 2023	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 24, 2023	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 25, 2023	Wed	Meet (OHSL League Meet)	Vs. Multiple	4:00 PM	7:00 PM	Tully XC Course	Departure Time: 2:15 PM	NL
Oct 26, 2023	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 27, 2023	Fri	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 28, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	Cato-Meridian Cross Country Course		
Oct 30, 2023	Mon	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Oct 31, 2023	Tue	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Nov 1, 2023	Wed	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Nov 2, 2023	Thu	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Nov 3, 2023	Fri	Practice	N/A	3:05 PM	5:15 PM	Cato-Meridian Cross Country Course		
Nov 4, 2023	Sat	Post-Season (Section 3 Sectional Championships)	@ TBD	9:00 AM		Vernon-Verona-Sherrill	Departure Time: 7:00 AM	NL
Nov 4, 2023	Sat	Post-Season (Sectionals)	@ TBD	9:00 AM		Vernon-Verona-Sherrill	Departure Time: 7:00 AM	NL

Date: 2024-04-20