



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 26, 2024	Mon	Practice	N/A	7:00 AM	9:00 AM	TBD		
Aug 27, 2024	Tue	Practice	N/A	7:00 AM	9:00 AM	TBD		
Aug 28, 2024	Wed	Practice	N/A	7:00 AM	9:00 AM	TBD		
Aug 29, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	TBD		
Aug 30, 2024	Fri	Practice	N/A	7:00 AM	9:00 AM	TBD		
Aug 31, 2024	Sat	Practice	N/A	7:00 AM	9:00 AM	TBD		
Sep 2, 2024	Mon	Practice	N/A	7:00 AM	9:00 AM	TBD		
Sep 2, 2024	Mon	Practice	N/A	7:00 AM	9:00 AM	TBD		
Sep 3, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 4, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 5, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 6, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track	Departure Time: 6:30 AM	NL
Sep 9, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 10, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 11, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 12, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 13, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 14, 2024	Sat	Practice	N/A	7:00 AM	9:00 AM	TBD		
Sep 16, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 17, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 19, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 20, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	8:00 AM	2:00 PM	Bville - Durgee Cross Country Trail	Departure Time: 7:30 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 23, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 24, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 25, 2024	Wed	Regular Season	Port Byron (Port Byron/Union Springs), Syracuse Academy of Science	4:30 PM	6:30 PM	Cato-Meridian Cross Country Course		L
Sep 26, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 27, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ McQuaid Jesuit	8:00 AM		Genesee Valley Park	Departure Time: 5:30 AM	NL
Sep 30, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 1, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 2, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 2, 2024	Wed	Regular Season (Senior Recognition)	Pulaski @ Weedsport	4:30 PM		Weedsport Jr.-Sr. High School	Departure Time: 3:00 PM	L
Oct 3, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 4, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 5, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 7, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 8, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 9, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 10, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 15, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 16, 2024	Wed	Regular Season	Hannibal @ Altmar-Parish-Williamstown (APW Rebels)	4:30 PM		A-P-W Elementary School	Departure Time: 2:45 PM	L
Oct 17, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 18, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 19, 2024	Sat	Regular Season (Weedsport Invitational)	Auburn, Fairport, Henninger (Henninger), Jamesville-Dewitt, Marcus Whitman, Wayne @ Weedsport	9:15 AM		Weedsport Jr.-Sr. High School	Departure Time: 7:30 AM	NL
Oct 21, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 22, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 23, 2024	Wed	Regular Season	Bishop Grimes, Bishop Ludden	4:30 PM	6:30 PM	Cato-Meridian Cross Country Course		L
Oct 24, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 25, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
POSTPONED Oct 26, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 28, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 29, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Oct 30, 2024	Wed	Meet (OHSL League Meet)	Vs. Multiple	4:00 PM	7:00 PM	Tully XC Course	Departure Time: 2:15 PM	NL
Oct 31, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 1, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 2, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Nov 4, 2024	Mon	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 5, 2024	Tue	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 6, 2024	Wed	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 7, 2024	Thu	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 8, 2024	Fri	Practice	N/A	3:05 PM	5:15 PM	TBD		
Nov 9, 2024	Sat	Post-Season (Sectional Championships @ Mount Markham)	@ Mount Markham	3:10 PM		HS Track	Departure Time: 10:00 AM	NL

Date: 2025-12-06