



# Cato-Meridian

## (G) MOD7/8/9 Cross Country (Blue Devils)

### Coaches:

- Ryan Ellis
- Austin Vincent

| DATE         | WEEK DAY | TYPE           | OPPONENTS                               | START TIME | END TIME | LOCATION                           | TRANSPORTATION                 | LEAGUE / NON-LEAGUE |
|--------------|----------|----------------|---|------------|----------|------------------------------------|--------------------------------|---------------------|
| Sep 5, 2023  | Tue      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 6, 2023  | Wed      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 7, 2023  | Thu      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 8, 2023  | Fri      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 11, 2023 | Mon      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 12, 2023 | Tue      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 13, 2023 | Wed      | Regular Season | @ Port Byron (Port Byron/Union Springs) | 4:30 PM    |          | Port Byron Cross Country Trail     | <b>Departure Time:</b> 3:00 PM | L                   |
| Sep 14, 2023 | Thu      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 15, 2023 | Fri      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 16, 2023 | Sat      | Practice       | N/A                                     | 8:00 AM    | 10:00 AM | TBD                                |                                |                     |
| Sep 18, 2023 | Mon      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 19, 2023 | Tue      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 20, 2023 | Wed      | Regular Season | Bishop Grimes                           | 4:30 AM    | 6:30 AM  | Cato-Meridian Cross Country Course |                                | L                   |
| Sep 21, 2023 | Thu      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 22, 2023 | Fri      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 25, 2023 | Mon      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 26, 2023 | Tue      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 27, 2023 | Wed      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 28, 2023 | Thu      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 29, 2023 | Fri      | Practice       | N/A                                     | 3:05 PM    | 5:00 PM  | TBD                                |                                |                     |
| Sep 30, 2023 | Sat      | Regular Season | @ McQuaid Jesuit                        | 9:00 AM    |          | Genesee Valley Park                |                                | L                   |
| 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  | Weedsport Jr.-Sr. High School      | <b>Departure Time:</b> 3:00 PM | L                   |

| DATE         | WEEK DAY | TYPE                                       | OPPONENTS                                    | START TIME | END TIME | LOCATION                           | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|------------------------------------|----------------|---------------------|
| 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                             | 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 13, 2023 | Fri      | Practice                                   | N/A  | 3:05 PM    | 5:15 PM  | Cato-Meridian Cross Country Course |                |                     |
| Oct 14, 2023 | Sat      | Practice                                   | N/A  | 8:00 AM    | 10:00 AM | 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      | Regular Season (Weedsport Modified Invite) | @ TBD  | 9:15 AM    |          | Weedsport HS                       |                | L                   |
| 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      | Regular Season (OHSL League Meet) | Onondaga Central, Weedsport, Pulaski, Altmar-Parish-Williamstown (APW Rebels), Faith Heritage, Manlius Pebble Hill, LaFayette, Bishop Ludden, Bishop Grimes, Cincinnatus, DeRuyter, Fabius-Pompey, Port Byron (Port Byron/Union Springs) @ Tully | 4:00 PM    |          | Tully XC Course |                | L                   |

Date: 2024-05-03