



# Cato-Meridian

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

### Coaches:

- Ryan Ellis
- Megan Cady

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: 2025-12-06