



Cato-Meridian

(B) 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 6, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 7, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 8, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 9, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD		
Sep 10, 2022	Sat	Practice	N/A	10:00 AM	11:00 AM	TBD		
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		Selkirk State Park	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	9:30 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		
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 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	5:00 PM	TBD		
Oct 4, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 7, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD		
CANCELLED Oct 8, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 10, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	TBD		
Oct 11, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	TBD		
POSTPONED Oct 13, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 14, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 15, 2022	Sat	Regular Season (Weedsport Modified Invite)	@ TBD	TBD		Weedsport Jr.-Sr. High School	Departure Time: 7:00 AM	L
Oct 17, 2022	Mon	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 18, 2022	Tue	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 19, 2022	Wed	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 20, 2022	Thu	Practice	N/A	3:15 PM	5:00 PM	TBD		
Oct 21, 2022	Fri	Practice	N/A	3:15 PM	5:00 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	5:00 PM	TBD		
Oct 25, 2022	Tue	Regular Season (OHSL League Meet)	LaFayette	4:30 PM	5:30 PM	Cato-Meridian Cross Country Course		L

Date: 2025-12-05