



# Cicero-North Syracuse

## (G) V Cross Country

### Coaches:

- MacKenzie Ross, Head Coach
- Jack Harbold, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ TBD	8:30 AM		Cross Country Course		NL
Sep 14, 2022	Wed	Regular Season	@ Liverpool	4:30 PM		Liverpool Long Branch Park		L
Sep 17, 2022	Sat	Regular Season (ESM Invitational)	@ TBD	8:30 AM		Pine Grove Cross Country Track		NL
Sep 20, 2022	Tue	Regular Season	Nottingham (Nottingham)	5:00 PM	5:20 PM	CNS-Oneida Shores-Arrowhead Lodge		L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	12:15 PM		Bville - Durgee Cross Country Trail		NL
Sep 28, 2022	Wed	Regular Season	Henninger (Henninger) @ West Genesee	4:30 PM		TBD		L
Oct 1, 2022	Sat	Regular Season (McQuaid Invitational)	@ TBD	2:20 PM	4:00 PM	McQuaid Jesuit HS		NL
Oct 4, 2022	Tue	Regular Season	Fayetteville-Manlius @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		L
Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS-Stadium, Chittenango HS-Soccer Field (Grass)		NL
Oct 8, 2022	Sat	Regular Season (Manhattan Invitational)	@ TBD	TBD		TBD		NL
Oct 15, 2022	Sat	Regular Season (Tully Invitational)	@ TBD	TBD		Tully XC Course		NL
Oct 19, 2022	Wed	Post-Season (SCAC League Meet)	Liverpool, Nottingham (Nottingham), Henninger (Henninger), Fayetteville-Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Cortland, Jamesville-Dewitt, Corcoran (Syracuse West) @ Baldwinsville	4:30 PM	6:30 PM	Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym		L
Nov 5, 2022	Sat	Post-Season (Sectional Championships)	@ TBD	TBD		Cross Country Course		NL
Nov 12, 2022	Sat	Post-Season (NYSPHSAA Championships)	@ TBD	TBD		Cross Country Course		NL
Nov 26, 2022	Sat	Post-Season (Nike XC Regionals)	@ TBD	TBD		Bowdoin Park		NL

Date: 2025-12-05