



# Cicero-North Syracuse

## (G) V Cross Country

### Coaches:

- MacKenzie Ross, Head Coach
- Scott Froelick, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, 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 (Remsen/Town of Webb), 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	NL
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	@ TBD	TBD		Mount Markham HS	NL
Sep 11, 2024	Wed	Regular Season	Corcoran (Syracuse West)	5:00 PM	5:20 PM	CNS-Oneida Shores	L
Sep 14, 2024	Sat	Regular Season (ESM Invitational)	@ TBD	TBD		Pine Grove Cross Country Track	L
Sep 18, 2024	Wed	Regular Season	Baldwinsville	5:00 PM	5:20 PM	CNS-Oneida Shores	L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	12:30 PM		Bville - Durgee Cross Country Trail	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 25, 2024	Wed	Regular Season	Henninger (Henninger) @ West Genesee	5:00 PM		WG-Camillus MS		L
Oct 2, 2024	Wed	Regular Season	Fayetteville-Manlius @ Liverpool	5:00 PM		Liverpool Long Branch Park		L
Oct 11, 2024	Fri	Regular Season (Chittenango Invitational )	@ TBD	4:00 PM		Chittenango HS-XC Course		NL
Oct 11, 2024	Fri	Meet (Chittenango Girls Twilight Invitational )	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS-XC Course, Chittenango HS-Stadium		NL
Oct 23, 2024	Wed	Post-Season (SCAC Championships @ TBD)	Liverpool, Fayetteville-Manlius, Fulton, Auburn, Jamesville-Dewitt, Central Square, Nottingham (Nottingham), Oswego, Corcoran (Syracuse West), Henninger (Henninger), West Genesee, Baldwinsville @ East Syracuse Minoa	5:10 PM	5:40 PM	ESM Kirkville Rd. Field		L
Nov 9, 2024	Sat	Post-Season (Section 3 Championship Race)	@ TBD	TBD		Mount Markham HS		NL
Nov 16, 2024	Sat	Post-Season (NYSPHSAA XC CHAMPIONSHIP)	@ TBD	TBD		Queensbury HS		NL

Date: 2025-03-18