

Coaches:

• Kim Lucia, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2022	Wed	Regular Season	@ Liverpool	4:30 PM		Liverpool Long Branch Park		L
Sep 17, 2022	Sat	Regular Season (ESM Invitational)	@ TBD	TBD		Pine Grove Cross Country Track		NL
Sep 20, 2022	Tue	Regular Season	Nottingham	5:50 PM	6:30 PM	CNS-Oneida Shores- Arrowhead Lodge		L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail		NL
Sep 28, 2022	Wed	Regular Season	Henninger @ West Genesee	5:00 PM		TBD		L
Oct 4, 2022	Tue	Regular Season	Fayetteville-Manlius @ Baldwinsville	5:45 PM	6:00 PM	Bville - Durgee Cross Country Trail		L
Oct 15, 2022	Sat	Regular Season	Westhill, Altmar- Parish-Williamstown (APW Rebels), Bishop Grimes, Cincinnatus, East Syracuse Minoa, Fayetteville-Manlius, Fulton, Jamesville- Dewitt, Liverpool, Mexico, Manlius Pebble Hill, Notre Dame, Utica, Oneida, Sandy Creek, South Jefferson, Trumansburg, West Genesee, Sauquoit Valley, Whitesboro, Chittenango @ Tully	8:45 AM		Tully XC Course		NL
Oct 15, 2022	Sat	Regular Season (Tully Invitational)	@ TBD	TBD		Tully XC Course		NL
Oct 20, 2022	Thu	Regular Season (SCAC Modified Invite)	Fayetteville-Manlius, Liverpool, Nottingham, West Genesee, Baldwinsville, Henninger, Fulton, Central Square, Cortland, Jamesville- Dewitt, Corcoran (Syracuse West), Oswego, Auburn @ East Syracuse Minoa	5:30 PM	7:00 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-05