## Coaches:

• Kim Lucia, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2023	Wed	Regular Season	@ Liverpool	5:30 PM		Liverpool Long Branch Park		L
Sep 16, 2023	Sat	Regular Season (ESM Invitational)	@ TBD	10:30 AM	12:30 PM	Pine Grove Cross Country Track		NL
Sep 20, 2023	Wed	Regular Season	@ Auburn	5:30 PM		Auburn - Holland Stadium (Turf)		L
Sep 27, 2023	Wed	Regular Season	West Genesee, Henninger	5:30 PM	5:40 PM	CNS-Oneida Shores- Arrowhead Lodge		L
Sep 30, 2023	Sat	Regular Season (EJ Hermann Invite)	@ TBD	TBD		Proctor Park		NL
Oct 4, 2023	Wed	Regular Season	Fayetteville-Manlius, Baldwinsville	5:30 PM	5:40 PM	CNS-Oneida Shores- Arrowhead Lodge		L
Oct 14, 2023	Sat	Regular Season (Marathon Invitational)	@ TBD	TBD		Marathon H S		NL
Oct 19, 2023	Thu	Regular Season (SCAC Modified XC Invitational)	Oswego, Fulton, Jamesville-Dewitt, Auburn, Nottingham, Corcoran (Syracuse West), Henninger, Liverpool, Fayetteville-Manlius, West Genesee, Baldwinsville, Central Square @ East Syracuse Minoa	4:30 PM	7:30 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-05