## Coaches:

• Kim Lucia, Head Coach

| DATE         | WEEK<br>DAY | TYPE                                      | OPPONENTS  | START<br>TIME | END<br>TIME | LOCATION                                       | TRANSPORTATION | LEAGUE<br>/ NON-<br>LEAGUE |
|--------------|-------------|---|--|---------------|-------------|--|----------------|----------------------------|
| Sep 11, 2024 | Wed         | Regular Season                            | Corcoran (Syracuse<br>West)  | 5:45<br>PM    | 6:30<br>PM  | CNS-Oneida<br>Shores-<br>Arrowhead<br>Lodge    |                | L                          |
| Sep 14, 2024 | Sat         | Regular Season<br>(ESM<br>Invitational)   | @ TBD  | TBD           |             | Pine Grove<br>Cross Country<br>Track           |                | NL                         |
| Sep 18, 2024 | Wed         | Regular Season                            | Baldwinsville  | 5:45<br>PM    | 6:30<br>PM  | CNS-Oneida<br>Shores-<br>Arrowhead<br>Lodge    |                | L                          |
| Sep 25, 2024 | Wed         | Regular Season                            | Henninger @ West<br>Genesee  | 5:45<br>PM    |             | TBD  |                | L                          |
| Oct 5, 2024  | Sat         | Meet (Tully XC<br>Invite )                | Vs. Multiple   | 9:00<br>AM    | 2:00<br>PM  | Tully XC Course                                |                | NL                         |
| Oct 5, 2024  | Sat         | Regular Season<br>(Tully<br>Invitational) | @ TBD  | 10:00<br>AM   |             | Tully XC Course                                |                | NL                         |
| Oct 12, 2024 | Sat         | Regular Season<br>(VVS<br>Invitational)   | @ TBD  | 9:00<br>AM    |             | Cross Country<br>Course                        |                | NL                         |
| Oct 17, 2024 | Thu         | Regular Season<br>(SCAC League<br>Meet )  | Fulton, Central Square,<br>Nottingham,<br>Henninger, Corcoran<br>(Syracuse West),<br>Baldwinsville, Auburn,<br>Jamesville-Dewitt,<br>West Genesee,<br>Fayetteville-Manlius,<br>East Syracuse Minoa<br>@ Oswego | 5:00<br>PM    | 5:30<br>PM  | Oswego Middle<br>School Cross<br>Country Trail |                | L                          |

Date: 2025-12-18