



Cincinnati

(G) MOD7/8/9 Cross Country

Coaches:

- Nate Balcom
- Sandra Randall

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 13, 2023	Wed	Regular Season	Faith Heritage, Faith Heritage	4:30 AM	6:30 AM	TBD			L
Sep 13, 2023	Wed	Regular Season	Tully, DeRuyter, Faith Heritage @ Fabius-Pompey	4:30 PM	6:30 PM	Highland Forest			L
Sep 20, 2023	Wed	Regular Season	DeRuyter, LaFayette	4:30 AM	6:30 AM	TBD			L
Oct 4, 2023	Wed	Regular Season	Onondaga Central @ Tully	4:30 AM	6:30 AM	TBD			L
Oct 7, 2023	Sat	Practice (invitational at Tully)	N/A	9:00 AM		TBD	Bus/Driver: Cincinnati	Departure Point: Cincinnati High School Departure Time: 7:45 AM	
Oct 11, 2023	Wed	Regular Season	Fabius-Pompey @ Manlius Pebble Hill	4:30 PM	6:30 PM	TBD			L
Oct 14, 2023	Sat	Practice (invitational at Marathon)	N/A	9:00 AM		TBD	Bus/Driver: Cincinnati	Departure Point: Cincinnati High School Departure Time: 8:00 AM	
Oct 21, 2023	Sat	Practice (invitational at Weedsport)	N/A	9:00 AM		TBD	Bus/Driver: Cincinnati	Departure Point: Cincinnati High School Departure Time: 7:15 AM	
Oct 25, 2023	Wed	Regular Season (OHSL League Meet)	Onondaga Central, Cato-Meridian (Blue Devils), Weedsport, Pulaski, Altmar-Parish-Williamstown (APW Rebels), Faith Heritage, Manlius Pebble Hill, LaFayette, Bishop Ludden, Bishop Grimes, DeRuyter, Fabius-Pompey, Port Byron (Port Byron/Union Springs) @ Tully	4:00 PM		Tully XC Course			L

Date: 2024-05-02