Coaches:

• Shauna Lyskawa, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2022	Wed	Regular Season	East Syracuse Minoa, Cortland	5:00 PM		Corcoran Stadium		L
Sep 17, 2022	Sat	Regular Season (ESM Invitational)	TBD	9:45 AM		TBD		L
Sep 28, 2022	Wed	Regular Season	Jamesville-Dewitt, Auburn	5:00 PM		Corcoran Stadium		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Cooperstown, Central Valley Academy, Oriskany, West Canada Valley, Fulton, Utica Proctor, Oneida, Herkimer, Holland Patent, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 1, 2022	Sat	Regular Season (Whitesboro XC Invitational)	TBD	10:30 AM		TBD		NL
Oct 7, 2022	Fri	Regular Season (Senior Night)	Fulton @ Oswego	5:30 PM		Oswego Middle School Cross Country Trail		L
Oct 12, 2022	Wed	Regular Season	Fulton @ Henninger (Henninger)	5:00 PM		Sunnycrest Park		L
Oct 15, 2022	Sat	Regular Season (Weedsport 40th Cross Country Invitational)	TBD	10:50 AM		TBD		L
Oct 19, 2022	Wed	Post-Season (SCAC League Meet)	Liverpool, Cicero- North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville- Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Cortland, Jamesville-Dewitt @ Baldwinsville	4:30 PM	6:30 PM	Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym		L
Oct 26, 2022	Wed	Regular Season (City Invite)	Henninger (Henninger), Institute of Technology, Syracuse (West), Fowler (Syracuse West) @ Nottingham (Nottingham)	5:00 PM		Nottingham Cross Country		NL

Date: 2024-05-09