## Coaches:

• Gina Ferrante, 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	5:45 PM	6:30 PM	Corcoran Stadium		L
Sep 28, 2022	Wed	Regular Season	Jamesville-Dewitt, Auburn	5:45 PM		Corcoran Stadium		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Henninger, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Oneida, Central Square, Remsen @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 7, 2022	Fri	Regular Season	Fulton @ Oswego	6:00 PM		Oswego Middle School Cross Country Trail		L
Oct 12, 2022	Wed	Regular Season	Fulton @ Henninger	5:45 PM		Sunnycrest Park		L
Oct 17, 2022	Mon	Regular Season ( Syracuse XC City Meet )	Nottingham @ Henninger	5:00 PM		Sunnycrest Park		L
Oct 20, 2022	Thu	Regular Season (SCAC Modified Invite)	Fayetteville-Manlius, Cicero-North Syracuse, Liverpool, Nottingham, West Genesee, Baldwinsville, Henninger, Fulton, Central Square, Cortland, Jamesville- Dewitt, Oswego, Auburn @ East Syracuse Minoa	5:30 PM	7:00 PM	ESM Kirkville Rd. Field		L

Date: 2026-01-03