

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|--|---|---------------|-------------|---|----------------|----------------------------|
| Sep 7, 2019 | Sat | Regular Season (Invitational) | @ Vernon-Verona- Sherrill | 9:00 AM | | Cross Country Course | | L |
| Sep 11, 2019 | Wed | Regular Season | @ East Syracuse Minoa | 4:30 PM | | ESM Kirkville Rd. Field | | L |
| Sep 14, 2019 | Sat | Regular Season (Invitational) | @ East Syracuse Minoa | 10:00 AM | | Pine Grove Cross Country Track | | L |
| Sep 18, 2019 | Wed | Regular Season | Oswego, Cortland | 4:30 PM | 6:30 PM | Corcoran Stadium | | L |
| Sep 25, 2019 | Wed | Regular Season | Auburn, Central Square, Fowler (Syracuse West) | 4:30 PM | | Corcoran Stadium | | L |
| Oct 2, 2019 | Wed | Regular Season | Fulton @ Jamesville- Dewitt | 4:30 PM | | JD HS Stadium | | L |
| Oct 5, 2019 | Sat | Regular Season (Whitesboro Invitational) | Jamesville-Dewitt, Holland Patent, Central Valley Academy, Altmar-Parish- Williamstown (APW Rebels), Canastota, Oneida, Vernon- Verona-Sherrill, Cooperstown (Cooperstown/Milford), New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Utica Proctor, Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro | 8:30 AM | | Deerfield Town Wilderness Park | | NL |
| Oct 12, 2019 | Sat | Regular Season (Invitational) | TBD | 9:00 AM | 5:00 PM | Manhatten College-Van Cortlandt Park 242 St Riverdale, NY | | L |
| Oct 16, 2019 | Wed | Regular Season (SCAC League Championships) | West Genesee, Cicero- North Syracuse, Central Square, Auburn, Oswego, Nottingham (Nottingham), Jamesville-Dewitt, Fulton, Cortland, Henninger (Henninger), Liverpool, Fayetteville-Manlius, East Syracuse Minoa @ Baldwinsville | 4:30 PM | 7:00 PM | Bville - Durgee Cross Country Trail | | L |
| Oct 19, 2019 | Sat | Regular Season (Weedsport Invitational) | DeRuyter, Beaver River, Liverpool, Phoenix @ Weedsport | 9:00 AM | | Weedsport Jr Sr. High School | | NL |
| Oct 23, 2019 | Wed | Regular Season (Syracuse City Meet) | Nottingham (Nottingham) @ Henninger (Henninger) | 4:30 PM | | Sunnycrest Park | | NL |

| DATE | WEEK DAY | TYPE | OPPONENTS | STAR1 TIME | TEND TIME LOCATION | LEAGUE TRANSPORTATION / NON- LEAGUE |
|--------------|-------------|---------------------------------------|--------------|---------------|-----------------------|---|
| Oct 30, 2019 | Wed | Meet (OHSL Liberty League Meet) | Vs. Multiple | 4:00 PM | 6:45 PM TBD | NL |

Date: 2024-05-15