## Coaches:



• Tim Rouse, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 10, 2025	Wed	Regular Season (SCAC Relays)	Cicero-North Syracuse, Liverpool, Baldwinsville, West Genesee, Henninger (Henninger), Nottingham (Nottingham), Jamesville-Dewitt, Fulton, Oswego, Central Square @ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field		L
Sep 13, 2025	Sat	Regular Season	@ TBD	9:00 AM		Pine Grove Cross Country Track		NL
Sep 17, 2025	Wed	Regular Season	West Genesee @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		L
Sep 24, 2025	Wed	Regular Season	@ Nottingham (Nottingham)	4:30 PM		Nottingham Cross Country		L
Oct 1, 2025	Wed	Regular Season	Cicero-North Syracuse	4:30 PM		Corcoran Stadium		L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	10:40 AM		Deerfield Town Wilderness Park		NL
Oct 8, 2025	Wed	Regular Season	Henninger (Henninger) @ Liverpool	4:30 PM		Liverpool Long Branch Park		L
Oct 10, 2025	Fri	Regular Season	@ Chittenango	5:10 AM	6:30 PM	Chittenango HS- XC Course		NL
CANCELLED Oct 18, 2025	Sat	Regular Season	@ Weedsport	10:50 AM		Weedsport JrSr. High School		L
Oct 22, 2025	Wed	Regular Season (SCAC Championships @ B'Ville or ESM TBD)	TBD	4:30 PM		Corcoran Stadium		L
Oct 22, 2025	Wed	Regular Season (SCAC Championships)	Auburn, Central Square, East Syracuse Minoa, Fayetteville-Manlius, Henninger (Henninger), Fulton, Fowler (Syracuse West), Jamesville- Dewitt, Liverpool, Cicero-North Syracuse, West Genesee, Oswego, Nottingham (Nottingham) @ Baldwinsville	5:00 PM		Bville - Durgee Cross Country Trail		L

DATE	WEEI DAY	<sup>K</sup> TYPE	OPPONENTS	START EN	ND ME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 29, 2025	Wed	Regular Season (City Championships)	Nottingham (Nottingham) @ Henninger (Henninger)	4:30 PM	Sunnycrest Park		L
Nov 18, 2025	Tue	Regular Season (Sectionals @ Mt. Markham )	TBD	4:30 PM	TBD		L

Date: 2025-12-10