



Coaches:

- Paul Drexler, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (Invitational)	@ Vernon-Verona-Sherrill	8:00 AM	1:30 PM	Cross Country Course	Departure Time: 6:00 AM Return Date: L Return Time: 3:00 PM
Sep 11, 2019	Wed	Regular Season	Central Square @ Fulton	5:00 PM		Granby E S	Departure Time: 2:30 PM Return Date: L Return Time: 8:00 PM
Sep 14, 2019	Sat	Regular Season (Invitational)	@ East Syracuse Minoa	10:00 AM	12:00 PM	ESM Kirkville Rd. Field	Departure Time: 7:00 AM Return Date: L Return Time: 2:00 PM
Sep 18, 2019	Wed	Regular Season	Oswego, Corcoran (Syracuse West) @ Fowler (Syracuse West)	TBD		TBD	Departure Time: 2:45 PM Return Date: L Return Time: 7:30 PM
Sep 21, 2019	Sat	Regular Season (Invitational)	@ TBD	11:00 AM	3:00 PM	Bville - Durgee Cross Country Trail	Departure Time: 9:45 AM Return Date: L Return Time: 4:00 PM
Sep 25, 2019	Wed	Regular Season	Jamesville-Dewitt, Cicero-North Syracuse	4:30 PM	6:00 PM	Cortland Jr-Sr High School CC Course	L
Sep 28, 2019	Sat	Regular Season (Invitational)	@ McQuaid Jesuit	12:40 PM	3:00 PM	Rochester - Genesee Valley Park	Departure Time: 9:00 AM Return Date: L Return Time: 5:00 PM
Oct 2, 2019	Wed	Regular Season	East Syracuse Minoa @ Auburn	4:30 PM		Auburn - Holland Stadium (Turf)	Departure Time: 2:45 PM Return Date: L Return Time: 7:30 PM
Oct 5, 2019	Sat	Regular Season (Invitational)	@ Tully	11:00 AM	3:00 PM	Tully XC Course	Departure Time: 9:45 AM Return Date: L Return Time: 3:30 PM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON- LEAGUE
Oct 16, 2019	Wed	Regular Season (SCAC League Championships)	West Genesee, Cicero-North Syracuse, Central Square, Auburn, Oswego, Corcoran (Syracuse West), Nottingham (Nottingham), Jamesville-Dewitt, Fulton, Henninger (Henninger), Liverpool, Fayetteville-Manlius, East Syracuse Minoa, Fowler (Syracuse West) @ Baldwinsville	4:30 PM	7:00 PM	Bville - Durgee Cross Country Trail	Departure Time: 2:30 PM Return Date: L Return Time: 8:30 PM
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS	Departure Time: 8:30 AM Return Date: NL Return Time: 5:30 PM
Nov 9, 2019	Sat	Post-Season (Sectional Finals)	@ Vernon-Verona- Sherrill	TBD		Cross Country Course	Departure Time: 7:45 AM Return Date: L Return Time: 4:30 PM

Date: 2026-01-20