



# Cortland

## (B) V Cross Country

### Coaches:

- Matt Dearie, Head Coach

| DATE                   | WEEK DAY | TYPE                        | OPPONENTS                                      | START TIME | END TIME | LOCATION                             | TRANSPORTATION  | LEAGUE / NON-LEAGUE |
|------------------------|----------|-----------------------------|--|------------|----------|--------------------------------------|---|---------------------|
| Aug 29, 2022           | Mon      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | Cortland Jr-Sr High School CC Course |   |                     |
| Aug 30, 2022           | Tue      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | Cortland Jr-Sr High School CC Course |   |                     |
| Aug 31, 2022           | Wed      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 1, 2022            | Thu      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 2, 2022            | Fri      | Practice                    | N/A  | 8:00 AM    | 10:00 AM | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 6, 2022            | Tue      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 7, 2022            | Wed      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 8, 2022            | Thu      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 9, 2022            | Fri      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 12, 2022           | Mon      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 13, 2022           | Tue      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 14, 2022           | Wed      | Regular Season              | East Syracuse Minoa @ Corcoran (Syracuse West) | 4:30 PM    |          | Corcoran Stadium                     |   | L                   |
| Sep 15, 2022           | Thu      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 16, 2022           | Fri      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 17, 2022           | Sat      | Regular Season (ESM Invite) | @ TBD  | TBD        |          | TBD                                  | <b>Departure Time:</b><br>6:45 AM   | L                   |
| CANCELLED Sep 19, 2022 | Mon      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 20, 2022           | Tue      | Practice                    | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |   |                     |
| Sep 21, 2022           | Wed      | Regular Season              | Central Square @ Jamesville-Dewitt             | 4:30 PM    |          | JD HS Stadium                        | <b>Departure Time:</b><br>3:00 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:00 PM | L                   |

| DATE         | WEEK DAY | TYPE  | OPPONENTS   | START TIME | END TIME | LOCATION                             | TRANSPORTATION   | LEAGUE / NON-LEAGUE |
|--------------|----------|---|---|------------|----------|--------------------------------------|--|---------------------|
| Sep 22, 2022 | Thu      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Sep 23, 2022 | Fri      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Sep 24, 2022 | Sat      | Regular Season (Baldwinsville Invitational) | @ TBD   | TBD        |          | TBD                                  | <b>Departure Time:</b> 7:00 AM   | NL                  |
| Sep 28, 2022 | Wed      | Regular Season                              | @ Fulton  | 4:30 PM    |          | Granby E S                           | <b>Departure Time:</b> 2:45 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:30 PM | L                   |
| Oct 3, 2022  | Mon      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 4, 2022  | Tue      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 5, 2022  | Wed      | Regular Season                              | Oswego @ Auburn   | 4:30 PM    |          | Auburn - Holland Stadium (Turf)      | <b>Departure Time:</b> 3:00 PM<br><b>Return Date:</b><br><b>Return Time:</b> 7:15 PM | L                   |
| Oct 6, 2022  | Thu      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 7, 2022  | Fri      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 10, 2022 | Mon      | Practice                                    | N/A   | 8:30 AM    | 10:00 AM | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 11, 2022 | Tue      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 12, 2022 | Wed      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 13, 2022 | Thu      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 14, 2022 | Fri      | Practice                                    | N/A   | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course |  |                     |
| Oct 15, 2022 | Sat      | Regular Season                              | Homer, Bishop Grimes, Cazenovia, Chittenango, Cincinnatus, Jamesville-Dewitt, Mexico, Manlius Pebble Hill, New York Mills, Notre Dame, Utica, Sandy Creek, South Jefferson, Trumansburg, Whitesboro, Sullivan West, Altmar-Parish-Williamstown (APW Rebels) @ Tully | 8:45 AM    | 2:00 PM  | Tully XC Course                      | <b>Departure Time:</b> 8:00 AM<br><b>Return Date:</b><br><b>Return Time:</b> 1:00 PM | NL                  |

| DATE         | WEEK DAY | TYPE                                | OPPONENTS  | START TIME | END TIME | LOCATION   | TRANSPORTATION                    | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------------|--|------------|----------|--|-----------------------------------|---------------------|
| Oct 15, 2022 | Sat      | Regular Season (Tully Invitational) | @ TBD  | TBD        |          | TBD  | <b>Departure Time:</b><br>8:00 AM |                     |
|              |          |                                     |  |            |          |  | <b>Return Date:</b>               | NL                  |
|              |          |                                     |  |            |          |  | <b>Return Time:</b> 1:00 PM       |                     |
| Oct 17, 2022 | Mon      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 18, 2022 | Tue      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 19, 2022 | Wed      | Regular Season (SCAC League Meet)   | Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville-Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Jamesville-Dewitt, Corcoran (Syracuse West) @ Baldwinsville | 4:30 PM    | 6:30 PM  | Bville - Durgess Cross Country Trail, Bville - Durgess JHS Gym | <b>Departure Time:</b><br>2:15 PM | L                   |
|              |          |                                     |  |            |          |  | <b>Return Date:</b>               |                     |
|              |          |                                     |  |            |          |  | <b>Return Time:</b> 7:00 PM       |                     |
| Oct 24, 2022 | Mon      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 25, 2022 | Tue      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 26, 2022 | Wed      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 27, 2022 | Thu      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 28, 2022 | Fri      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Oct 31, 2022 | Mon      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Nov 1, 2022  | Tue      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Nov 2, 2022  | Wed      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Nov 3, 2022  | Thu      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Nov 4, 2022  | Fri      | Practice                            | N/A  | 2:45 PM    | 5:00 PM  | Cortland Jr-Sr High School CC Course                           |                                   |                     |
| Nov 5, 2022  | Sat      | Post-Season (Sectional Meet @ VVS)  | @ TBD  | 11:30 AM   | 12:00 PM | TBD  | <b>Departure Time:</b><br>8:45 AM |                     |
|              |          |                                     |  |            |          |  | <b>Return Date:</b>               | NL                  |
|              |          |                                     |  |            |          |  | <b>Return Time:</b> 2:30 PM       |                     |

Date: 2022-12-01

