



Cortland

(B) 7/8TH Cross Country

Coaches:

- Janice Meyer, 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)	5:30 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	Departure Time: 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	5:30 PM		JD HS Stadium	Departure Time: 3:00 PM Return Date: Return Time: 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	Departure Time: 7:00 AM	NL
Sep 28, 2022	Wed	Regular Season	@ Fulton	4:30 PM		Granby E S	Departure Time: 2:45 PM Return Date: Return Time: 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	5:30 PM		Auburn - Holland Stadium (Turf)	Departure Time: 3:00 PM Return Date: Return Time: 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 6, 2022	Thu	Regular Season (Bob Green Invitational)	Notre Dame, Elmira, Chenango Valley, Horseheads, Maine-Endwell, Moravia, Seton Catholic Central, Waverly, Owego Apalachin, Tioga @ Newark Valley	3:45 PM	6:30 PM	Newark Valley High School		L
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 (Tully Invitational)	@ TBD	TBD		TBD	Departure Time: 8:00 AM Return Date: Return Time: 1:00 PM	NL
Oct 17, 2022	Mon	Practice	N/A	2:45 PM	5:00 PM	Cortland Jr-Sr High School CC Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 18, 2022	Tue	Practice	N/A	2:45 PM	5:00 PM	Cortland Jr-Sr High School CC Course		
Oct 19, 2022	Wed	Practice	N/A	2:45 PM	5:00 PM	Cortland Jr-Sr High School CC Course		
Oct 20, 2022	Thu	Regular Season (SCAC Modified Invite)	Fayetteville-Manlius, Cicero-North Syracuse, Liverpool, Nottingham, West Genesee, Baldwinsville, Henninger, Fulton, Central Square, Jamesville-Dewitt, Corcoran (Syracuse West), Oswego, Auburn @ East Syracuse Minoa	5:00 PM	6:00 PM	ESM Kirkville Rd. Field	Departure Time: 3:00 PM Return Date: Return Time: 7:30 PM	L

Date: 2025-12-05