



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 28, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Cortland Jr-Sr High School CC Course		
Aug 29, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	Cortland Jr-Sr High School CC Course		
Aug 30, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	Cortland Jr-Sr High School CC Course		
Aug 31, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	Cortland Jr-Sr High School CC Course		
Sep 1, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	Cortland Jr-Sr High School CC Course		
Sep 5, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 6, 2023	Wed	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 7, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 8, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 11, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 12, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 13, 2023	Wed	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 14, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
CANCELLED Sep 15, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 18, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 19, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 20, 2023	Wed	Regular Season	@ Mexico	4:30 PM	5:30 PM	Mexico MS-XC Trail	Departure Time: 2:45 PM Return Date: L Return Time: 8:15 PM	
Sep 21, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 22, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invite)	@ TBD	12:40 PM		TBD	Departure Time: 9:30 AM Return Date: Return Time: 3:30 PM	NL
Sep 25, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 26, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 27, 2023	Wed	Regular Season	@ Chittenango	4:30 PM	5:30 PM	Chittenango HS- XC Course	Departure Time: 2:45 PM Return Date: Return Time: 8:15 PM	L
Sep 28, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 29, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		TBD	Departure Time: 7:15 AM	NL
Oct 2, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 3, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 4, 2023	Wed	Regular Season	Westhill	4:30 PM	5:30 PM	Cortland Jr-Sr High School CC Course		L
Oct 5, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 6, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 7, 2023	Sat	Regular Season (Tully Invite)	@ TBD	TBD		TBD	Departure Time: 7:45 AM	NL
Oct 10, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 11, 2023	Wed	Regular Season	Christian Brothers Academy, Dewitt	4:30 PM	5:30 PM	Cortland Jr-Sr High School CC Course		L
Oct 12, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 13, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 14, 2023	Sat	Regular Season (Marathon Cross Country Invitational)	@ TBD	9:15 AM		TBD	Departure Time: 8:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 17, 2023	Tue	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 18, 2023	Wed	Regular Season	Homer	4:30 PM	5:30 PM	Cortland Jr-Sr High School CC Course		L
Oct 19, 2023	Thu	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 20, 2023	Fri	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 21, 2023	Sat	Regular Season (Weedsport Invite)	@ TBD	9:15 AM		TBD	Departure Time: 7:00 AM	NL
Oct 23, 2023	Mon	Practice	N/A	2:45 PM	4:30 PM	Cortland Jr-Sr High School CC Course		
Oct 24, 2023	Tue	Meet (OHSL MODIFIED END OF SEASON XC MEET)	Vs. Multiple	4:30 PM		Marcellus Park	Departure Time: 2:45 PM	NL

Date: 2025-12-05