



East Syracuse Minoa

(G) V Cross Country

Coaches:

- Pamela J. Herrington, Head Coach
- John R. Herrington, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (VVS Invite)	@ Vernon-Verona-Sherrill	8:30 AM		Cross Country Course	Departure Time: 6:30 AM	L
Sep 11, 2019	Wed	Regular Season	Fowler (Syracuse West)	4:30 PM		ESM Kirkville Rd. Field		L
Sep 14, 2019	Sat	Regular Season (Invitational)	Holland Patent	9:00 AM		ESM Kirkville Rd. Field		L
Sep 14, 2019	Sat	Regular Season (ESM Invitational)	Chittenango	9:00 AM	2:00 PM	ESM Kirkville Rd. Field		NL
Sep 14, 2019	Sat	Regular Season (ESM Invitational)	Tully	9:00 AM		ESM Kirkville Rd. Field		NL
Sep 14, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Altmar-Parish-Williamstown (APW Rebels), Fabius-Pompey, Camden, Central Valley Academy	9:00 AM		Pine Grove Cross Country Track		L
Sep 14, 2019	Sat	Regular Season (Invitational)	Cortland	10:00 AM	12:00 PM	ESM Kirkville Rd. Field		L
Sep 14, 2019	Sat	Regular Season (Invitational)	Corcoran (Syracuse West)	10:30 AM		Pine Grove Cross Country Track		L
Sep 14, 2019	Sat	Regular Season (Invitational)	Indian River	10:30 AM		ESM Kirkville Rd. Field		L
Sep 14, 2019	Sat	Regular Season (ESM Invitational)	@ Fayetteville-Manlius	TBD		FM Cross Country		NL
Sep 14, 2019	Sat	Regular Season (Pine Grove)	DeRuyter	TBD		Pine Grove Cross Country Track		NL
Sep 18, 2019	Wed	Regular Season	Central Square, Jamesville-Dewitt	4:30 PM		Pine Grove Cross Country Track		L
Sep 20, 2019	Fri	Regular Season	@ Plattsburgh	TBD		Plattsburgh HS	Departure Time: 9:00 AM	L
Sep 21, 2019	Sat	Regular Season	@ Plattsburgh	TBD		Plattsburgh HS		L
Sep 25, 2019	Wed	Regular Season	Fulton @ Oswego	4:30 PM		Oswego MS	Departure Time: 2:40 PM	L
CANCELLED Sep 28, 2019	Sat	Regular Season (McQuaid Invite)	@ McQuaid Jesuit	TBD		McQuaid Jesuit HS	Departure Time: 7:00 AM	L
Oct 2, 2019	Wed	Regular Season	Cortland @ Auburn	4:30 PM		Auburn - Holland Stadium (Turf)	Departure Time: 2:40 PM	L
Oct 5, 2019	Sat	Regular Season (Tully Invite)	@ Tully	10:00 AM		Tully XC Course	Departure Time: 9:00 AM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / 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, Cortland, Henninger (Henninger), Liverpool, Fayetteville-Manlius, Fowler (Syracuse West) @ Baldwinsville	4:30 PM	7:00 PM	Bville - Durgee Cross Country Trail	Departure Time: 2:40 PM	L
Oct 26, 2019	Sat	Regular Season (Cato Invite)	@ Cato-Meridian (Blue Devils)	TBD		Cato-Meridian Jr. Sr H S Gym	Departure Time: 8:00 AM	L
Nov 9, 2019	Sat	Regular Season (Sectionals)	@ TBD	TBD		TBD	Departure Time: 8:30 AM	L

Date: 2026-01-02