



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 2, 2023	Sat	Regular Season (Niskayuna XC Ekiden Invite)	@ TBD	9:30 AM		Iroquois Middle School		NL
Sep 6, 2023	Wed	Regular Season	Central Square	6:00 PM		ESM Kirkville Rd. Field		L
Sep 16, 2023	Sat	Regular Season (ESM XC Invitational)	TBD	9:00 AM		ESM Kirkville Rd. Field		NL
Sep 20, 2023	Wed	Regular Season	Nottingham (Nottingham) @ Corcoran (Syracuse West)	4:30 PM		Corcoran Stadium		L
Sep 21, 2023	Thu	Practice	N/A	5:00 PM	6:45 PM	VVS HS	Departure Time: 4:15 PM	
Sep 26, 2023	Tue	Regular Season	Oswego	4:30 PM		ESM Kirkville Rd. Field		L
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	8:30 AM		McQuaid Jesuit HS		NL
Oct 4, 2023	Wed	Regular Season	Fulton @ Jamesville-Dewitt	4:30 PM		JD HS Stadium		L
Oct 14, 2023	Sat	Regular Season (Manhattan Invitational)	@ TBD	8:30 AM		Van Cortandt Park		NL
Oct 18, 2023	Wed	Regular Season (SCAC Championships)	Jamesville-Dewitt, Fulton, Oswego, Nottingham (Nottingham), Central Square, Auburn, West Genesee, Fayetteville-Manlius, Henninger (Henninger), Fowler (Syracuse West), Liverpool, Cicero-North Syracuse @ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail		L
Nov 4, 2023	Sat	Post-Season (Sectional Finals)	@ TBD	1:00 PM		VVS HS		NL

Date: 2025-12-16