



# 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, 2024	Sat	Regular Season (Niskayuna XC Ekiden Invite)	@ TBD	9:30 AM		Iroquois Middle School		NL
Sep 11, 2024	Wed	Regular Season	Auburn	5:00 PM		ESM Kirkville Rd. Field		L
Sep 14, 2024	Sat	Regular Season (ESM Cross Country Invite)	@ TBD	8:00 AM		TBD		L
Sep 18, 2024	Wed	Regular Season 17-46 W	Oswego	5:00 PM		ESM Kirkville Rd. Field		L
Sep 25, 2024	Wed	Regular Season	Fulton @ Jamesville-Dewitt	5:00 PM		JD HS Stadium		L
Sep 28, 2024	Sat	Practice	N/A	8:00 AM		Bowdoin Park	<b>Departure Time:</b> 6:00 AM	
Oct 2, 2024	Wed	Regular Season	Nottingham (Nottingham) @ Central Square	5:30 PM		CS: MHE XC Course		L
Oct 13, 2024	Sun	Regular Season (Manhattan Invitational)	@ TBD	9:00 AM		Van Cortlandt Park		L
Oct 23, 2024	Wed	Post-Season (SCAC Championships @ TBD)	Cicero-North Syracuse, Liverpool, Fayetteville-Manlius, Fulton, Auburn, Jamesville-Dewitt, Central Square, Nottingham (Nottingham), Oswego, Corcoran (Syracuse West), Henninger (Henninger), West Genesee, Baldwinsville	5:10 PM	5:40 PM	ESM Kirkville Rd. Field		L
Nov 9, 2024	Sat	Post-Season (XC Sectionals)	@ TBD	10:30 AM		Mount Markham HS	<b>Departure Time:</b> 6:30 AM	L

Date: 2026-01-07