



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	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 6, 2025	Sat	Regular Season (Niskayuna XC Ekiden Invite)	@ TBD	9:00 AM		Niskayuna High School			NL
Sep 10, 2025	Wed	Regular Season (SCAC Relays)	Cicero-North Syracuse, Liverpool, Baldwinsville, West Genesee, Corcoran (Syracuse West), Henninger (Henninger), Nottingham (Nottingham), Jamesville-Dewitt, Fulton, Oswego, Central Square	4:30 PM		ESM Kirkville Rd. Field			L
Sep 13, 2025	Sat	Regular Season (ESM XC Invitational)	TBD	8:30 AM		ESM Kirkville Rd. Field			NL
Sep 13, 2025	Sat	Regular Season (Invite)	Henninger (Henninger)	9:30 AM		TBD			NL
Sep 17, 2025	Wed	Regular Season	Fayetteville-Manlius	4:30 PM		ESM Kirkville Rd. Field			L
Sep 24, 2025	Wed	Regular Season	Oswego @ Jamesville-Dewitt	4:30 PM		JD HS Stadium		Departure Point: CHS Stadium Departure Time: 2:45 PM	L
Oct 1, 2025	Wed	Regular Season (Senior Day)	@ Auburn	4:30 PM		Auburn - Holland Stadium (Turf)	Class Dismissal: 1:50 PM	Departure Point: CHS Stadium Departure Time: 2:00 PM	L
Oct 8, 2025	Wed	Regular Season (Senior Night)	Fulton, Central Square	4:30 PM		ESM Kirkville Rd. Field			L
Oct 11, 2025	Sat	Regular Season (Manhattan Invitational)	@ TBD	8:00 AM		Van Cortandt Park			NL
Oct 22, 2025	Wed	Post-Season (SCAC XC Championships)	@ TBD	4:30 PM		Bville - Durgee Cross Country Trail	Class Dismissal: 2:20 PM	Departure Point: CHS Stadium Departure Time: 2:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 22, 2025	Wed	Regular Season (SCAC Championships)	Auburn, Central Square, Corcoran (Syracuse West), Fayetteville-Manlius, Fulton, Fowler (Syracuse West), Henninger (Henninger), Jamesville-Dewitt, Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), West Genesee, Oswego @ Baldwinsville	4:30 PM		Bville - Durgee Cross Country Trail	Class Dismissal: 2:20 PM	Departure Point: CHS Stadium Departure Time: 2:30 PM	L
Nov 8, 2025	Sat	Post-Season (XC Sectionals)	@ TBD	10:05 AM		Cedar Lake CC		Departure Point: CHS Stadium Departure Time: 7:00 AM	NL

Date: 2025-12-07