



East Syracuse Minoa

(G) 7/8TH Cross Country

Coaches:

- Carrie Zdobylak, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2022	Wed	Regular Season	Cortland @ Corcoran (Syracuse West)	5:45 PM	6:30 PM	Corcoran Stadium	Departure Time: 3:30 PM	L
Sep 17, 2022	Sat	Regular Season (CC Invite)	TBD	10:30 AM		ESM Kirkville Rd. Field		L
Sep 17, 2022	Sat	Regular Season (ESM Invitational)	Port Byron (Port Byron/Union Springs)	11:00 AM		ESM Kirkville Rd. Field		NL
Sep 17, 2022	Sat	Regular Season	Solvay	TBD		ESM High School - Stadium		L
Sep 21, 2022	Wed	Regular Season	@ Auburn	5:45 PM		Auburn - Holland Stadium (Turf)		L
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invite)	@ TBD	TBD		TBD		L
Sep 28, 2022	Wed	Regular Season	Oswego @ Central Square	5:45 PM		CS: MHE XC Course		L
Oct 4, 2022	Tue	Regular Season	Jamesville-Dewitt, Fulton	5:45 PM		ESM Kirkville Rd. Field		L
Oct 8, 2022	Sat	Regular Season (RFA Coughlin Invitational)	@ TBD	11:00 AM		RFA Cross Country Course		NL
Oct 15, 2022	Sat	Regular Season	Westhill, Altmar-Parish-Williamstown (APW Rebels), Bishop Grimes, Cincinnatus, Cicero-North Syracuse, Fayetteville-Manlius, Fulton, Jamesville-Dewitt, Liverpool, Mexico, Manlius Pebble Hill, Notre Dame, Utica, Oneida, Sandy Creek, South Jefferson, Trumansburg, West Genesee, Sauquoit Valley, Whitesboro, Chittenango @ Tully	8:45 AM	2:00 PM	Tully XC Course		NL
Oct 15, 2022	Sat	Regular Season (Tully Invite)	@ TBD	TBD		TBD		L
Oct 20, 2022	Thu	Regular Season (SCAC Modified Invite)	Fayetteville-Manlius, Cicero-North Syracuse, Liverpool, Nottingham, West Genesee, Baldwinsville, Henninger, Fulton, Central Square, Cortland, Jamesville-Dewitt, Corcoran (Syracuse West), Oswego, Auburn	5:30 PM	7:00 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-19