



# East Syracuse Minoa

## (G) 7/8TH Cross Country

### Coaches:

- Carrie Zdobyak, Asst Coach

| DATE         | WEEK DAY | TYPE                                     | OPPONENTS   | START TIME | END TIME | LOCATION                                 | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|---|------------|----------|--|----------------|---------------------|
| Sep 11, 2024 | Wed      | Regular Season                           | Auburn  | 5:45 PM    |          | ESM Kirkville Rd. Field                  |                | L                   |
| Sep 14, 2024 | Sat      | Regular Season                           | Cortland  | 8:00 AM    |          | Pine Grove Cross Country Track           |                | L                   |
| Sep 14, 2024 | Sat      | Regular Season (ESM XC Invitational)     | TBD   | 8:00 AM    |          | ESM Kirkville Rd. Field                  |                | NL                  |
| Sep 18, 2024 | Wed      | Regular Season                           | Oswego  | 5:45 PM    |          | ESM Kirkville Rd. Field                  |                | L                   |
| Sep 21, 2024 | Sat      | Regular Season (Baldwinsville Invite)    | @ TBD   | 8:00 AM    |          | Bville - Durgee Cross Country Trail      |                | NL                  |
| Sep 25, 2024 | Wed      | Regular Season                           | Fulton @ Jamesville-Dewitt  | 5:45 PM    |          | JD HS Stadium                            |                | L                   |
| Oct 2, 2024  | Wed      | Regular Season                           | Nottingham @ Central Square   | 6:15 PM    |          | CS: MHE XC Course                        |                | L                   |
| Oct 5, 2024  | Sat      | Meet (Tully XC Invite )                  | Vs. Multiple  | 9:00 AM    | 2:00 PM  | Tully XC Course                          |                | NL                  |
| Oct 17, 2024 | Thu      | Regular Season (SCAC League Meet )       | Fulton, Central Square, Nottingham, Henninger, Corcoran (Syracuse West), Cicero-North Syracuse, Baldwinsville, Auburn, Jamesville-Dewitt, West Genesee, Fayetteville-Manlius @ Oswego | 5:00 PM    | 5:30 PM  | Oswego Middle School Cross Country Trail |                | L                   |
| Oct 19, 2024 | Sat      | Regular Season (Weedsport Invitational ) | Auburn, Oswego, Lyons, Jordan-Elbridge, TBD @ Weedsport   | 9:15 AM    |          | Weedsport Jr.-Sr. High School            |                | NL                  |

Date: 2025-12-19