



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 13, 2025	Sat	Regular Season (ESM XC Invitational)	TBD	9:00 AM		ESM Kirkville Rd. Field	Departure Point: Pine Grove	L
Sep 17, 2025	Wed	Regular Season	Fayetteville-Manlius	5:30 PM		ESM Kirkville Rd. Field		L
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invite)	@ TBD	4:30 PM	6:30 PM	Bville - Durgee Cross Country Trail	Departure Point: Pine Grove Departure Time: 10:40 AM	L
Sep 24, 2025	Wed	Regular Season	Oswego @ Jamesville-Dewitt	5:30 PM		JD HS Stadium	Departure Point: Pine Grove Departure Time: 4:15 PM	L
Oct 1, 2025	Wed	Regular Season	@ Auburn	5:30 PM		Auburn - Holland Stadium (Turf)	Departure Point: Pine Grove Departure Time: 3:30 PM	L
Oct 4, 2025	Sat	Regular Season (Tully Invite)	@ TBD	8:30 AM		Tully XC Course	Departure Point: Pine Grove	NL
Oct 4, 2025	Sat	Meet (Tully XC Invite - JH)	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course		NL
Oct 8, 2025	Wed	Regular Season	Fulton, Central Square	5:30 PM		ESM Kirkville Rd. Field		L
Oct 15, 2025	Wed	Regular Season	Liverpool	4:30 PM		ESM Kirkville Rd. Field		L
Oct 23, 2025	Thu	Regular Season (SCAC Modified Meet)	Fulton, Auburn, Fayetteville-Manlius, Jamesville-Dewitt, Central Square, Liverpool, Cicero-North Syracuse, Henninger, Nottingham, West Genesee, Baldwinsville, Corcoran (Syracuse West), Fowler (Syracuse West) @ Oswego	4:30 PM	5:00 PM	Oswego Middle School Cross Country Trail	Departure Point: Pine Grove Departure Time: 3:15 PM	L

Date: 2025-12-05