



East Syracuse Minoa

(B) 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 |
|--------------|----------|---|---|------------|----------|--|---------------------------------|---------------------|
| Aug 26, 2022 | Fri | Regular Season (Practice) | TBD | TBD | | ESM Kirkville Rd. Field | Departure Time: 8:00 AM | L |
| Sep 2, 2022 | Fri | Regular Season (MWXC Crusader Kickoff) | @ TBD | 3:30 PM | | TBD | Departure Time: 10:30 AM | L |
| Sep 14, 2022 | Wed | Regular Season | Cortland @ Corcoran (Syracuse West) | 4:30 PM | | Corcoran Stadium | Departure Time: 3:15 PM | L |
| Sep 17, 2022 | Sat | Regular Season | @ DeRuyter | 8:00 AM | | Pine Grove Cross Country Track | | NL |
| Sep 17, 2022 | Sat | Regular Season (ESM Invite) | @ TBD | 8:00 AM | | ESM Kirkville Rd. Field | | L |
| Sep 17, 2022 | Sat | Regular Season (ESM Invitational) | Mexico | 9:00 AM | | Pine Grove Cross Country Track | | L |
| Sep 17, 2022 | Sat | Regular Season | Solvay | 4:30 PM | | ESM Kirkville Rd. Field | | L |
| Sep 21, 2022 | Wed | Regular Season | @ Auburn | 4:30 PM | | Auburn - Holland Stadium (Turf) | Departure Time: 2:50 PM | L |
| Sep 28, 2022 | Wed | Regular Season | Oswego @ Central Square | 4:30 PM | | CS: MHE XC Course | Departure Time: 3:10 PM | L |
| Oct 1, 2022 | Sat | Regular Season (McQuaid Invite) | @ TBD | TBD | | TBD | | L |
| Oct 4, 2022 | Tue | Regular Season (Senior Night) | Jamesville-Dewitt, Fulton | 4:30 PM | | ESM Kirkville Rd. Field | | L |
| Oct 7, 2022 | Fri | Regular Season (Chitt Invite) | @ TBD | 4:00 PM | | TBD | Departure Time: 3:00 PM | L |
| Oct 7, 2022 | Fri | Meet (Chittenango Bears Twilight Invitational 2022) | Vs. Multiple | 4:00 PM | 7:00 PM | Chittenango HS-Stadium, Chittenango HS-Soccer Field (Grass) | | NL |
| Oct 15, 2022 | Sat | Regular Season (Tully Invite) | @ TBD | TBD | | TBD | Departure Time: 10:00 AM | L |
| Oct 19, 2022 | Wed | Regular Season (SCAC League Meet) | Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville-Manlius, West Genesee, Central Square, Fulton, Oswego, Auburn, Cortland, Jamesville-Dewitt, Corcoran (Syracuse West) @ Baldwinsville | 4:30 PM | 6:30 PM | Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym | Departure Time: 2:55 PM | L |
| Nov 5, 2022 | Sat | Post-Season (Sectionals) | @ Vernon-Verona-Sherrill | 9:00 AM | 12:00 PM | Cross Country Course | Departure Time: 9:00 AM | L |

Date: 2023-03-26