



# 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, 2021	Thu	Practice	N/A	12:00 PM	3:15 PM	TBD	<b>Departure Time:</b> 12:00 PM	
Sep 9, 2021	Thu	Practice	N/A	3:45 PM		TBD	<b>Departure Time:</b> 3:45 PM	
Sep 10, 2021	Fri	Regular Season (VVS Invite)	@ Vernon-Verona-Sherrill	4:30 PM		Cross Country Course	<b>Departure Time:</b> 3:15 PM	L
Sep 13, 2021	Mon	Practice	N/A	3:45 PM		TBD	<b>Departure Time:</b> 3:45 PM	
Sep 15, 2021	Wed	Regular Season	Fayetteville-Manlius, Central Square	5:00 PM		ESM Kirkville Rd. Field		NL
Sep 16, 2021	Thu	Practice	N/A	4:15 PM		TBD	<b>Departure Time:</b> 4:15 PM	
Sep 18, 2021	Sat	Regular Season (Invitational)	Altmar-Parish-Williamstown (APW Rebels)	9:00 AM		Pine Grove Cross Country Track		NL
Sep 18, 2021	Sat	Regular Season (Invitational)	Oswego	9:00 AM		Pine Grove Cross Country Track		NL
Sep 18, 2021	Sat	Regular Season (Invitational)	Port Byron (Port Byron/Union Springs)	9:00 AM		Pine Grove Cross Country Track		NL
Sep 18, 2021	Sat	Regular Season (ESM Invitational)	West Genesee	9:00 AM		Pine Grove Cross Country Track		NL
Sep 18, 2021	Sat	Regular Season	Solvay	TBD		ESM Kirkville Rd. Field		L
Sep 18, 2021	Sat	Regular Season (Invitational )	Central Valley Academy	TBD		ESM Kirkville Rd. Field		L
Sep 18, 2021	Sat	Regular Season (Invitational )	Central Valley Academy	TBD		ESM Kirkville Rd. Field		L
Sep 20, 2021	Mon	Practice	N/A	3:45 PM		TBD	<b>Departure Time:</b> 3:45 PM	
CANCELLED Sep 20, 2021	Mon	Practice	N/A	3:45 PM	6:00 PM	TBD		
Sep 22, 2021	Wed	Regular Season	TBD @ Auburn	5:00 PM		Auburn - Holland Stadium (Turf)	<b>Departure Time:</b> 2:30 PM	L
Sep 23, 2021	Thu	Practice	N/A	4:15 PM		TBD	<b>Departure Time:</b> 4:15 PM	
Sep 25, 2021	Sat	Regular Season (B'ville Invite)	@ TBD	12:15 PM		Bville - Durgee Cross Country Trail	<b>Departure Time:</b> 11:00 AM	L
Sep 27, 2021	Mon	Practice	N/A	3:45 PM		TBD	<b>Departure Time:</b> 3:45 PM	
Sep 29, 2021	Wed	Regular Season (Senior Night)	Oswego, Cortland	5:00 PM		ESM Kirkville Rd. Field		L
Sep 30, 2021	Thu	Practice	N/A	4:15 PM		TBD	<b>Departure Time:</b> 4:15 PM	
Oct 4, 2021	Mon	Practice	N/A	3:45 PM		TBD	<b>Departure Time:</b> 3:45 PM	
Oct 6, 2021	Wed	Regular Season	Fulton @ Jamesville-Dewitt	5:00 PM		JD HS Stadium	<b>Departure Time:</b> 3:15 PM	L
Oct 7, 2021	Thu	Practice	N/A	4:15 PM		TBD	<b>Departure Time:</b> 4:15 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 8, 2021	Fri	Meet (Chittenango Bears Twilight Invitational)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS-XC Course, Chittenango HS-Stadium		NL
Oct 14, 2021	Thu	Practice	N/A	4:15 PM		TBD	<b>Departure Time:</b> 4:15 PM	
Oct 16, 2021	Sat	Regular Season (Weedsport Invite)	Jordan-Elbridge, Altmar-Parish-Williamstown (APW Rebels), Oswego, Port Byron (Port Byron/Union Springs), Mynderse Academy, Phoenix, Auburn, Solvay, Corcoran (Syracuse West), Fairport, Waterloo @ Weedsport	10:50 AM		Weedsport Jr.-Sr. High School	<b>Departure Time:</b> 8:00 AM	NL
Oct 20, 2021	Wed	Regular Season (SCAC EMPIRE League Championships )	Auburn, Fulton, Jamesville-Dewitt, Cortland, Oswego, Central Square, Fowler (Syracuse West) @ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail	<b>Departure Time:</b> 3:00 PM	L
Oct 21, 2021	Thu	Practice	N/A	4:15 PM		TBD	<b>Departure Time:</b> 4:15 PM	
Nov 6, 2021	Sat	Post-Season (Sectionals)	TBD	2:50 PM		VVS HS	<b>Departure Time:</b> 11:40 AM	NL

Date: 2026-01-06