



# 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
Sep 2, 2022	Fri	Regular Season (MWXC Crusader Kickoff)	@ TBD	3:30 PM		TBD	<b>Departure Time:</b> 10:30 AM	L
Sep 14, 2022	Wed	Regular Season	Corcoran (Syracuse West) @ Cortland	4:30 PM	5:05 PM	Cortland Jr-Sr High School CC Course		L
Sep 17, 2022	Sat	Regular Season (ESM Invite)	@ TBD	8:00 AM		ESM Kirkville Rd. Field		L
Sep 21, 2022	Wed	Regular Season	@ Auburn	4:30 PM		Auburn - Holland Stadium (Turf)		L
Sep 28, 2022	Wed	Regular Season	Oswego @ Central Square	4:30 PM		CS: MHE XC Course		L
Oct 1, 2022	Sat	Regular Season (McQuaid Invite)	@ TBD	TBD		TBD		L
Oct 4, 2022	Tue	Regular Season	Jamesville-Dewitt, Fulton	4:30 PM		ESM Kirkville Rd. Field		L
Oct 7, 2022	Fri	Regular Season (Chitt Invite)	@ TBD	4:00 PM		TBD	<b>Departure Time:</b> 3:00 PM	L
Oct 15, 2022	Sat	Regular Season (Tully Invite)	@ TBD	TBD		TBD		L
Oct 19, 2022	Wed	Post-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 - Durgess Cross Country Trail		L

Date: 2022-08-10