



# 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, 2023	Sat	Regular Season (Niskayuna XC Ekiden Invite)	@ TBD	9:30 AM		Iroquois Middle School	<b>Departure Time:</b> 6:00 AM	NL
Sep 6, 2023	Wed	Regular Season	Central Square	6:30 PM		ESM Kirkville Rd. Field		L
Sep 16, 2023	Sat	Regular Season (ESM XC Invitational)	TBD	9:00 AM		ESM Kirkville Rd. Field		NL
Sep 20, 2023	Wed	Regular Season	Nottingham (Nottingham) @ Corcoran (Syracuse West)	4:30 PM		Corcoran Stadium	<b>Departure Time:</b> 2:45 PM	L
Sep 26, 2023	Tue	Regular Season	Oswego	5:00 PM		ESM Kirkville Rd. Field		L
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	12:00 PM		McQuaid Jesuit HS	<b>Departure Time:</b> 9:30 AM	NL
Oct 4, 2023	Wed	Regular Season	Fulton @ Jamesville-Dewitt	5:00 PM		JD HS Stadium	<b>Departure Time:</b> 3:00 PM	L
Oct 13, 2023	Fri	Practice (Leave for Manhattan Invite)	N/A	8:00 AM		TBD		
Oct 14, 2023	Sat	Regular Season (Manhattan Invitational)	@ TBD	8:30 AM		Van Cortandt Park		NL
Oct 18, 2023	Wed	Regular Season (SCAC Championships)	Jamesville-Dewitt, Fulton, Oswego, Nottingham (Nottingham), Central Square, Auburn, West Genesee, Fayetteville-Manlius, Henninger (Henninger), Fowler (Syracuse West), Liverpool, Cicero-North Syracuse @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgree Cross Country Trail	<b>Departure Time:</b> 2:45 PM	L
Nov 4, 2023	Sat	Post-Season (Sectional Finals)	@ TBD	2:20 PM		VVS HS	<b>Departure Time:</b> 11:00 AM	NL

Date: 2023-12-09