

Coaches:

• Maria Reagan (Costello), Head Coach

| DATE | WEEK DAY | ТҮРЕ | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|----------------------------|---|---------------|-------------|---|--|----------------------------|
| Sep 8, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Sep 11, 2023 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Sep 13, 2023 | Wed | Regular Season | Tully, DeRuyter, Faith Heritage, Cincinnatus | 4:30 PM | 6:30 PM | Highland Forest | Departure Time: 3:15 PM | L |
| Sep 15, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Sep 16, 2023 | Sat | Regular Season | @ TBD | 8:30 AM | 11:00 AM | Cross Country Course | Departure Point: F-P HS Departure Time: 6:10 AM | NL |
| Sep 18, 2023 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Sep 20, 2023 | Wed | Regular Season | Mater Dei Academy @ Onondaga Central | 4:30 PM | 6:30 PM | Cross Country Trail | Departure Time: 3:20 PM | L |
| Sep 22, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Sep 23, 2023 | Sat | Regular Season | @ TBD | 10:00 AM | 3:00 PM | Bville - Durgee Cross Country Trail | Departure Point: F-P HS Departure Time: 8:00 AM | NL |
| Sep 29, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Sep 30, 2023 | Sat | Regular Season | @ TBD | 9:00 AM | | McQuaid Jesuit HS | Departure Point: F-P HS | NL |
| Oct 2, 2023 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Oct 4, 2023 | Wed | Regular Season | Faith Heritage @ LaFayette | 4:30 PM | 6:30 PM | LaFayette H S Stadium | Departure Time: 3:30 PM | L |
| Oct 6, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Oct 11, 2023 | Wed | Regular Season | Cincinnatus @ Manlius Pebble Hill | 4:30 PM | 6:30 PM | Manlius Pebble Hill School | Departure Time: 3:30 PM | L |
| Oct 13, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Oct 14, 2023 | Sat | Regular Season | @ TBD | TBD | | Marathon H S | Departure Point: F-P HS Departure Time: 7:15 AM | NL |
| Oct 16, 2023 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Oct 20, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Oct 21, 2023 | Sat | Regular Season | @ TBD | 9:15 AM | 1:00 PM | Weedsport JrSr. High School | Departure Point: F-P HS Departure Time: 7:00 AM | NL |
| Oct 23, 2023 | Mon | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |
| Oct 25, 2023 | Wed | Meet (OHSL League Meet) | Vs. Multiple | 4:00 PM | 7:00 PM | Tully XC Course | Departure Time: 3:00 PM | NL |
| Oct 27, 2023 | Fri | Practice | N/A | 3:30 PM | 5:30 PM | Highland Forest | Departure Time: 3:15 PM | |

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|--------------|----------------|-----------|-------------------|--------------------------|--|
| Oct 30, 2023 | Mon Practice | N/A | | :30 M Highland Forest | Departure Time: 3:15 PM |
| Nov 4, 2023 | Sat Post-Seaso | on @ TBD | TBD | Cross Country Course | Departure Point: F-P HS Departure Time: 7:00 AM |

Date: 2024-05-03