



# Henninger

## (G) 7/8TH Cross Country

### Coaches:

- Annie Smith, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2022	Sat	Regular Season (ESM Invitational at Pine Grove)	@ TBD	11:00 AM		TBD		L
Sep 21, 2022	Wed	Regular Season	Liverpool @ Fayetteville-Manlius	5:00 PM		FM Cross Country		L
Sep 28, 2022	Wed	Regular Season	Cicero-North Syracuse @ West Genesee	5:00 PM		TBD		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country Invitational)	Notre Dame, Utica, Corcoran (Syracuse West), Rome Free Academy, Oneonta, Westmoreland, New York Mills, New Hartford, Adirondack, Hamilton, Liverpool, Cooperstown (Modified), Central Valley Academy, Oriskany, West Canada Valley, Mount Markham, Utica Proctor (JFK/DMS), Herkimer, South Lewis, Oneida, Central Square, Remsen @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park	<b>Departure Point:</b> Henninger <b>Departure Time:</b> 7:30 AM	NL
Oct 11, 2022	Tue	Regular Season	Baldwinsville @ Nottingham	4:30 PM	6:00 PM	Nottingham Cross Country		L
Oct 12, 2022	Wed	Regular Season	Fulton, Corcoran (Syracuse West)	5:45 PM		Sunnycrest Park		L
Oct 17, 2022	Mon	Regular Season (Syracuse XC City Meet )	Corcoran (Syracuse West), Nottingham	5:00 PM		Sunnycrest Park		L
Oct 20, 2022	Thu	Regular Season (SCAC Modified Invite)	Fayetteville-Manlius, Cicero-North Syracuse, Liverpool, Nottingham, West Genesee, Baldwinsville, Fulton, Central Square, Cortland, Jamesville-Dewitt, Corcoran (Syracuse West), Oswego, Auburn @ East Syracuse Minoa	5:30 PM	7:00 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-05