



# Henninger

## (B) V Cross Country (Henninger)

### Coaches:

- McDonald, Cheryl

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 13, 2023	Wed	Regular Season	Auburn @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		L
Sep 16, 2023	Sat	Regular Season (ESM invite)	@ TBD	8:00 PM		Pine Grove Cross Country Track	<b>Departure Date:</b> Sep 16, 2023	L
Sep 18, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 20, 2023	Wed	Regular Season	Fayetteville-Manlius @ Liverpool	5:00 PM		Liverpool Long Branch Park		L
Sep 25, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Sep 27, 2023	Wed	Regular Season	West Genesee @ Cicero-North Syracuse	5:00 PM	5:20 PM	CNS-Oneida Shores-Arrowhead Lodge		L
Sep 30, 2023	Sat	Regular Season (EJ Herrmann Invite)	@ Utica Proctor	9:30 PM		Proctor Park		L
Oct 2, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 4, 2023	Wed	Regular Season	Corcoran (Syracuse West)	5:00 PM		Sunnycrest Park		L
Oct 14, 2023	Sat	Regular Season (Manhattan Invite)	@ TBD	9:00 AM		TBD		L
Oct 16, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	TBD		
Oct 18, 2023	Wed	Regular Season (SCAC Championships)	Jamesville-Dewitt, Fulton, Oswego, Nottingham (Nottingham), East Syracuse Minoa, Central Square, Auburn, West Genesee, Fayetteville-Manlius, Fowler (Syracuse West), Liverpool, Cicero-North Syracuse @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		L
Oct 26, 2023	Thu	Regular Season (Syracuse City Meet)	Corcoran (Syracuse West), Nottingham (Nottingham)	4:00 PM		Corcoran Stadium		L

Date: 2025-12-05