



Fayetteville-Manlius

(B) V Cross Country

Coaches:

- William Aris, Head Coach
- Marissa Patrick, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium		
Aug 21, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails		
Aug 22, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium		
Aug 22, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails		
Aug 23, 2023	Wed	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium		
Aug 23, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails		
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium		
Aug 24, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails		
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium		
Aug 25, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails		
Aug 26, 2023	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails		
Sep 11, 2023	Mon	Practice	N/A	3:00 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Sep 15, 2023	Fri	Regular Season (VVS Invite)	TBD	4:15 PM		TBD	Departure Point: House 1 Departure Time: 2:15 PM	L
Sep 18, 2023	Mon	Practice	N/A	3:00 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Sep 25, 2023	Mon	Practice	N/A	7:00 PM	9:00 PM	Hornet Stadium		
Sep 27, 2023	Wed	Regular Season	Auburn	5:00 PM		FM Cross Country		L
Sep 30, 2023	Sat	Regular Season (McQuaid Invite)	TBD	2:45 PM		Genesee Valley Park	Departure Point: House 1 Departure Time: 10:00 AM	L
Oct 7, 2023	Sat	Practice	N/A	8:00 AM		FM - Green Lakes XC Trails		
Oct 13, 2023	Fri	Regular Season (Chittenango Invitational)	TBD	4:00 PM		TBD	Departure Point: House 1 Departure Time: 2:15 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Practice	N/A	8:00 AM		FM - Green Lakes XC Trails		
Oct 16, 2023	Mon	Practice	N/A	3:00 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Oct 23, 2023	Mon	Practice	N/A	3:00 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Oct 30, 2023	Mon	Practice	N/A	3:00 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	

Date: 2024-05-04