



# Fayetteville-Manlius

## (G) V Cross Country

### Coaches:

- William Aris, Head Coach
- Sean Mulvihill, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 19, 2019	Mon	Practice (Practice)	N/A	8:30 AM	10:30 AM	Hornet Stadium		
Aug 19, 2019	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails		
Sep 4, 2019	Wed	Regular Season	West Genesee	4:30 PM		FM Cross Country		L
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	Vernon-Verona-Sherrill	TBD		FM Cross Country	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 6:15 AM	NL
Sep 9, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:30 PM	FM - Green Lakes XC Trails	<b>Departure Point:</b> FMHS HS 1, WW <b>Departure Time:</b> 2:30 PM	
Sep 11, 2019	Wed	Regular Season	Henninger (Henninger)	4:30 PM		FM Cross Country		L
Sep 14, 2019	Sat	Regular Season (ESM Invitational)	East Syracuse Minoa	TBD		FM Cross Country	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 8:00 AM	NL
Sep 16, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:30 PM	FM - Green Lakes XC Trails	<b>Departure Point:</b> FMHS HS 1, WW <b>Departure Time:</b> 2:30 PM	
Sep 18, 2019	Wed	Regular Season	Nottingham (Nottingham) @ Cicero-North Syracuse	4:30 PM	4:50 PM	CNS-Oneida Shores-Arrowhead Lodge	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 2:30 PM	L
Sep 23, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:30 PM	FM - Green Lakes XC Trails	<b>Departure Point:</b> FMHS HS 1, WW <b>Departure Time:</b> 2:30 PM	
Sep 25, 2019	Wed	Regular Season	Liverpool @ Baldwinsville	4:30 PM	5:30 PM	Bville - Durgee Cross Country Trail	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 2:30 PM	L
Sep 30, 2019	Mon	Practice (Practice)	N/A	7:00 PM	8:30 PM	Hornet Stadium		
Oct 7, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:30 PM	FM - Green Lakes XC Trails	<b>Departure Point:</b> FMHS HS 1, WW <b>Departure Time:</b> 2:30 PM	
Oct 12, 2019	Sat	Regular Season (Manhattan College @ Invitational)	TBD	TBD		Van Cortland Park	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 7:30 AM	NL

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Oct 16, 2019	Wed	Regular Season (SCAC League Championships)	West Genesee, Cicero-North Syracuse, Central Square, Auburn, Oswego, Corcoran (Syracuse West), Nottingham (Nottingham), Jamesville-Dewitt, Fulton, Cortland, Henninger (Henninger), Liverpool, East Syracuse Minoa, Fowler (Syracuse West) @ Baldwinsville	4:30 PM	7:00 PM	Bville - Durgee Cross Country Trail	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 2:30 PM	L
Oct 21, 2019	Mon	Practice (Practice)	N/A	3:15 PM	5:30 PM	FM - Green Lakes XC Trails	<b>Departure Point:</b> FMHS HS 1, WW <b>Departure Time:</b> 2:30 PM	
Nov 9, 2019	Sat	Regular Season (Sectionals)	@ Vernon-Verona-Sherrill	10:00 AM		Cross Country Course	<b>Departure Point:</b> FMHS HS 1 <b>Departure Time:</b> 7:00 AM	NL

Date: 2025-12-06