



Institute of Technology, Syracuse

(G) V Cross Country (West)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2019	Sat	Regular Season (Invitational)	@ Vernon-Verona-Sherrill	9:00 AM		Cross Country Course		L
Sep 11, 2019	Wed	Regular Season	@ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field		L
Sep 14, 2019	Sat	Regular Season (Invitational)	@ East Syracuse Minoa	10:30 AM		Pine Grove Cross Country Track		L
Sep 18, 2019	Wed	Regular Season	Oswego, Cortland @ Fowler (Syracuse West)	TBD		TBD		L
Sep 25, 2019	Wed	Regular Season	Auburn, Central Square, Fowler (Syracuse West)	4:30 PM		Corcoran Stadium		L
Oct 2, 2019	Wed	Regular Season	Fulton @ Jamesville-Dewitt	4:30 PM		JD HS Stadium		L
Oct 5, 2019	Sat	Regular Season (Cross Country Invitational)	Jamesville-Dewitt, Altmar-Parish-Williamstown (APW Rebels), Central Valley Academy, Holland Patent, Canastota, Vernon-Verona-Sherrill, Cooperstown, New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Utica Proctor, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park		NL
Oct 12, 2019	Sat	Regular Season (Invitational)	TBD	9:00 AM	5:00 PM	Manhattan College-Van Cortlandt Park 242 St Riverdale, NY		L
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, Fayetteville-Manlius, East Syracuse Minoa @ Baldwinsville	4:30 PM	7:00 PM	Bville - Durgee Cross Country Trail		L
Oct 19, 2019	Sat	Regular Season (Weedsport Invitational)	DeRuyter, Beaver River, Liverpool, Phoenix @ Weedsport	9:00 AM		Weedsport Jr.-Sr. High School		NL

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Oct 23, 2019	Wed	Regular Season (Syracuse City Meet)	Nottingham (Nottingham) @ Henninger (Henninger)	4:30 PM		Sunnycrest Park		NL
Oct 30, 2019	Wed	Meet (OHSL Liberty League Meet)	Vs. Multiple	4:00 PM	6:45 PM	TBD		NL

Date: 2026-08-04