



Institute of Technology, Syracuse

(B) 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	10:00 AM		Pine Grove Cross Country Track		L
Sep 18, 2019	Wed	Regular Season	Oswego, Cortland	4:30 PM	6:30 PM	Corcoran Stadium		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 (Whitesboro Invitational)	Jamesville-Dewitt, Holland Patent, Central Valley Academy, Altmar-Parish-Williamstown (APW Rebels), Canastota, Oneida, Vernon-Verona-Sherrill, Cooperstown (Cooperstown/Milford), New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Utica Proctor, Little Falls, Notre Dame, Utica, Poland, 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, 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
Oct 23, 2019	Wed	Regular Season (Syracuse City Meet)	Nottingham (Nottingham) @ Henninger (Henninger)	4:30 PM		Sunnycrest Park		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE / NON-LEAGUE
Oct 30, 2019	Wed	Meet (OHSL Liberty League Meet)	Vs. Multiple	4:00 PM	6:45 PM	TBD		NL

Date: 2026-03-14