



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 14, 2022	Wed	Regular Season	East Syracuse Minoa, Cortland	4:30 PM		Corcoran Stadium		L
Sep 17, 2022	Sat	Regular Season (ESM Invitational)	TBD	8:00 AM		TBD		L
Sep 28, 2022	Wed	Regular Season	Jamesville-Dewitt, Auburn	4:30 PM		Corcoran Stadium		L
Oct 1, 2022	Sat	Regular Season (Whitesboro Cross country invitational)	Oneonta, Watertown, Notre Dame, Utica, Westmoreland, New York Mills, New Hartford, Adirondack, Cooperstown (Cooperstown/Milford), Central Valley Academy, Oriskany, West Canada Valley, Fulton, Mount Markham, Utica Proctor, Herkimer, Hamilton, Holland Patent, Oneida, Clinton @ Whitesboro	9:00 AM		Deerfield Town Wilderness Park		NL
Oct 1, 2022	Sat	Regular Season (Whitesboro XC Invitational)	TBD	9:50 AM		TBD		NL
Oct 7, 2022	Fri	Regular Season (Senior Night)	Fulton @ Oswego	5:00 PM		Oswego Middle School Cross Country Trail		L
Oct 12, 2022	Wed	Regular Season	Fulton @ Henninger (Henninger)	4:30 PM		Sunnycrest Park		L
Oct 15, 2022	Sat	Regular Season (Weedsport 40th Cross Country Invitational)	TBD	9:20 AM		TBD		L
Oct 19, 2022	Wed	Regular Season (SCAC League Meet)	Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville-Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Cortland, Jamesville-Dewitt @ Baldwinsville	4:30 PM	6:30 PM	Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym		L
Oct 26, 2022	Wed	Regular Season (City City Tournament)	Henninger (Henninger), Fowler (Syracuse West), Corcoran (Syracuse West) @ Nottingham (Nottingham)	4:30 PM		Nottingham Cross Country		NL

Date: 2025-12-09