



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 13, 2023	Wed	Regular Season	Oswego @ Fulton	5:00 PM		Bodley H S		L
Sep 16, 2023	Sat	Regular Season (ESM Invitational @ Pine Grove MS)	TBD	9:00 AM		Pine Grove Cross Country Track		L
Sep 20, 2023	Wed	Regular Season	Nottingham (Nottingham), East Syracuse Minoa	4:30 PM		Corcoran Stadium		L
Sep 27, 2023	Wed	Regular Season (Senior Night)	Jamesville-Dewitt @ Central Square	5:00 PM		CS: MHE XC Course		L
Oct 4, 2023	Wed	Regular Season	@ Henninger (Henninger)	5:00 PM		Sunnycrest Park		L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invitational @ Deerfield Park)	TBD	9:50 AM		Deerfield Town Wilderness Park		L
Oct 14, 2023	Sat	Regular Season (Manhattan Invitational)	TBD	9:00 AM		Manhattan College-Van Cortlandt Park 242 St Riverdale, NY		L
Oct 18, 2023	Wed	Regular Season (SCAC Championships)	Jamesville-Dewitt, Fulton, Oswego, Nottingham (Nottingham), East Syracuse Minoa, Central Square, Auburn, West Genesee, Fayetteville-Manlius, Henninger (Henninger), Liverpool, Cicero-North Syracuse @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail		L
Oct 21, 2023	Sat	Regular Season (Weedsport Invitational)	TBD	10:15 AM		Weedsport Jr.-Sr. High School		L
Oct 26, 2023	Thu	Regular Season (Syracuse City Meet)	Nottingham (Nottingham) @ Henninger (Henninger)	4:00 PM		Corcoran Stadium		L
Nov 4, 2023	Sat	Non-District (Sectional Championships @ VVS)	TBD	9:00 AM		TBD		L

Date: 2025-12-08