



# 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 11, 2024	Wed	Regular Season	@ Cicero-North Syracuse	4:30 PM	4:50 PM	CNS-Oneida Shores-Arrowhead Lodge		L
Sep 14, 2024	Sat	Regular Season (ESM Invitational 9:00 AM @ Pine Grove MS)	TBD	9:00 AM		TBD		NL
Sep 17, 2024	Tue	Regular Season	@ Liverpool	4:30 PM		Liverpool Long Branch Park		L
Sep 17, 2024	Tue	Regular Season	West Genesee @ Liverpool	4:30 PM		Liverpool Long Branch Park		L
Sep 25, 2024	Wed	Regular Season	Fayetteville-Manlius	4:30 PM		Corcoran Stadium		L
Oct 2, 2024	Wed	Regular Season	Henninger (Henninger) @ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail		L
Oct 5, 2024	Sat	Regular Season (Whitesboro Invitational @ Deerfield Park)	TBD	9:00 AM		TBD		L
Oct 9, 2024	Wed	Regular Season (Senior Night )	Henninger (Henninger), Nottingham (Nottingham)	3:30 PM		Nottingham Cross Country		L
Oct 11, 2024	Fri	Regular Season (Chittenango Invitational Chittenango HS @ 4:00 PM)	TBD	9:00 AM		TBD		L
Oct 11, 2024	Fri	Meet (Chittenango Boys Twilight Invitational )	Vs. Multiple	4:00 PM	6:30 PM	Chittenango HS-XC Course, Chittenango HS-Stadium		NL
Oct 19, 2024	Sat	Regular Season (Weedsport)	TBD	10:15 AM		TBD		L
Oct 23, 2024	Wed	Post-Season (SCAC Championships @ TBD)	Cicero-North Syracuse, Liverpool, Fayetteville-Manlius, Fulton, Auburn, Jamesville-Dewitt, Central Square, Nottingham (Nottingham), Oswego, Henninger (Henninger), West Genesee, Baldwinsville @ East Syracuse Minoa	4:30 PM	5:00 PM	ESM Kirkville Rd. Field		L

Date: 2025-12-12