



# Jamesville-Dewitt

## (G) V Cross Country

### Coaches:

- Nancy Raicht, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 11, 2018	Tue	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	
Sep 12, 2018	Wed	Regular Season	Oswego @ Fulton	4:30 PM		Granby E S	Departure Point: JDHS Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	L
Sep 13, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 6:00 PM	
Sep 15, 2018	Sat	Regular Season (Invitational)	@ East Syracuse Minoa	8:30 AM		Pine Grove Cross Country Track	Departure Point: JD HS Main Gym Departure Time: 7:15 AM	L
Sep 17, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Sep 20, 2018	Thu	Regular Season	Auburn, Auburn @ Corcoran (Syracuse West)	4:30 PM	7:00 PM	Corcoran Stadium	Departure Point: JDHS Departure Time: 2:30 PM Return Date: Return Time: 7:30 PM	L
Sep 22, 2018	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	12:05 PM		Bville - Durgee Cross Country Trail	Departure Point: JD HS Main Gym Departure Time: 9:45 AM Return Date: Return Time: 3:00 PM	L
Sep 24, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM	
Sep 26, 2018	Wed	Regular Season	Cortland	4:30 PM	6:00 PM	JD HS Stadium		L
Sep 27, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Oct 3, 2018	Wed	Regular Season	East Syracuse Minoa @ Central Square	4:30 PM		CS: MHE XC Course	<b>Departure Point:</b> JDHS <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L
Oct 4, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Oct 6, 2018	Sat	Regular Season (Whitesboro Invitational)	@ Whitesboro	10:20 AM		Deerfield Elementary School	<b>Departure Point:</b> JD HS Main Gym <b>Departure Time:</b> 7:30 AM	L
Oct 11, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Oct 12, 2018	Fri	Regular Season (Manhattan Invitational 10/12 & 10/13)	TBD	7:15 AM		Manhattan College	<b>Departure Point:</b> JD HS Main Gym <b>Departure Time:</b> 7:30 AM	L
Oct 13, 2018	Sat	Regular Season (Manhattan Invitational 10/12 & 10/13)	TBD	TBD		Manhattan College	<b>Departure Point:</b> JD HS Main Gym <b>Return Date:</b> <b>Return Time:</b> 12:00 AM	L
Oct 15, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Oct 17, 2018	Wed	Regular Season (SCAC League Meet)	Fowler (Syracuse West), Henninger (Henninger), Nottingham (Nottingham), Liverpool, Cicero-North Syracuse, West Genesee, Fulton, Fayetteville-Manlius, Central Square, Oswego, Auburn, East Syracuse Minoa, Cortland @ Baldwinsville	4:30 PM	7:30 PM	Bville - Durgess Cross Country Trail	<b>Departure Point:</b> JDHS <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 18, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 4:00 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Oct 22, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM	
Oct 25, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Oct 29, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Nov 1, 2018	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Nov 3, 2018	Sat	Post-Season (Sectional Championship)	TBD	12:40 PM		Chittenango High School	<b>Departure Point:</b> JD HS Main Gym <b>Departure Time:</b> 9:30 AM	L
Nov 5, 2018	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 6:00 PM	
Nov 9, 2018	Fri	Post-Season (Travel Day to State Championship in Long Island)	TBD	6:30 AM		Sunken Meadow State Park Long Island	<b>Departure Point:</b> JD HS Main Gym <b>Departure Time:</b> 6:30 AM	L
Nov 10, 2018	Sat	Post-Season (State Championship at Sunken Meadow State Park in Long Island)	TBD	10:00 AM		Sunken Meadow State Park Long Island	<b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L

Date: 2026-01-20