



Jamesville-Dewitt (G) V Cross Country

Coaches:

- Nancy Raicht, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION / NON-LEAGUE |
|--------------|----------|--|-----------|------------|----------|------------------------|--|
| Aug 19, 2019 | Mon | Practice | N/A | 9:00 AM | 11:45 AM | Green Lakes State Park | Departure Point: JDHS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM |
| Aug 21, 2019 | Wed | Practice | N/A | 9:00 AM | 11:45 AM | Green Lakes State Park | Departure Point: JDHS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM |
| Aug 23, 2019 | Fri | Practice (Picture Day 8:00 am JDHS Main Gym Lobby) | N/A | 9:00 AM | 11:45 AM | Green Lakes State Park | Departure Point: JDHS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM |
| Aug 26, 2019 | Mon | Practice | N/A | 9:00 AM | 11:45 AM | Green Lakes State Park | Departure Point: JDHS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM |
| Aug 28, 2019 | Wed | Practice | N/A | 9:00 AM | 11:45 AM | Green Lakes State Park | Departure Point: JDHS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM |
| Aug 30, 2019 | Fri | Practice | N/A | 9:00 AM | 11:45 AM | Green Lakes State Park | Departure Point: JDHS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM |
| Sep 3, 2019 | Tue | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Sep 5, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |

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|--------------|----------|---|--|------------|----------|-------------------------------------|--|
| Sep 7, 2019 | Sat | Regular Season (VVS Invitational) | @ Vernon-Verona-Sherrill | 11:20 AM | | VVS Sectional Course | Departure Point: JDHS Departure Time: 9:00 AM L |
| Sep 9, 2019 | Mon | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Sep 11, 2019 | Wed | Regular Season | Auburn, Oswego | 4:30 PM | | JD HS Stadium | L |
| Sep 12, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Sep 14, 2019 | Sat | Regular Season (Cross Country Invitational) | Altmar-Parish-Williamstown (APW Rebels), Fabius-Pompey, Camden, Central Valley Academy @ East Syracuse Minoa | 9:00 AM | | Pine Grove Cross Country Track | Departure Point: JDHS Departure Time: 8:30 AM L Return Date: Return Time: 1:30 PM |
| Sep 16, 2019 | Mon | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Sep 18, 2019 | Wed | Regular Season | Central Square @ East Syracuse Minoa | 4:30 PM | | Pine Grove Cross Country Track | Departure Point: JDHS Departure Time: 3:00 PM L Return Date: Return Time: 6:00 PM |
| Sep 19, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Sep 21, 2019 | Sat | Regular Season (Baldwinsville Invitational) | @ TBD | TBD | | Bville - Durgee Cross Country Trail | Departure Point: JDHS Departure Time: 10:00 AM L Return Date: Return Time: 3:00 PM |
| Sep 23, 2019 | Mon | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |

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|--------------|----------|---|--|------------|----------|--------------------------------------|---|
| Sep 25, 2019 | Wed | Regular Season | Cicero-North Syracuse @ Cortland | 4:30 PM | 6:00 PM | Cortland Jr-Sr High School CC Course | Departure Point: JDHS Departure Time: 2:30 PM Return Date: Return Time: 6:00 PM L |
| Sep 26, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Oct 2, 2019 | Wed | Regular Season | Fulton, Fowler (Syracuse West) | 4:30 PM | | JD HS Stadium | L |
| Oct 3, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Oct 5, 2019 | Sat | Regular Season (Cross Country Invitational) | Altmar-Parish-Williamstown (APW Rebels), Central Valley Academy, Holland Patent, Corcoran (Syracuse West), Canastota, Vernon-Verona-Sherrill, Cooperstown, New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Little Falls, Notre Dame, Utica, Poland, Utica Proctor, Waterville @ Whitesboro | 8:30 AM | | Deerfield Town Wilderness Park | Departure Point: JDHS Departure Time: 7:30 AM Return Date: Return Time: 1:30 PM NL |
| Oct 7, 2019 | Mon | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Oct 9, 2019 | Wed | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM |
| Oct 11, 2019 | Fri | Regular Season (Manhattan Invitational Oct 11 & 12) | TBD | 7:15 AM | | Manhattan College | Departure Point: JDHS Departure Time: 7:15 AM L |
| Oct 12, 2019 | Sat | Regular Season (Manhattan Invitational Oct 11 & 12) | TBD | TBD | 11:55 PM | Manhattan College | Departure Point: JDHS Return Date: Return Time: 11:30 PM L |

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| Oct 16, 2019 | Wed | Regular Season (SCAC League Championships) | West Genesee, Cicero-North Syracuse, Central Square, Auburn, Oswego, Corcoran (Syracuse West), Nottingham (Nottingham), Fulton, Cortland, Henninger (Henninger), Liverpool, Fayetteville-Manlius, East Syracuse Minoa, Fowler (Syracuse West) @ Baldwinsville | 4:30 PM | 7:00 PM | Bville - Durgee Cross Country Trail | Departure Point: JDHS Departure Time: 2:30 PM Return Date: L Return Time: 6:30 PM |
| Oct 17, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: PM Return Time: 5:45 PM |
| Oct 21, 2019 | Mon | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: PM Return Time: 5:45 PM |
| Oct 24, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: PM Return Time: 5:45 PM |
| Oct 26, 2019 | Sat | Regular Season (Cato Meridian Invitational) | @ Cato-Meridian (Blue Devils) | 7:00 AM | 4:00 PM | Cato-Meridian Jr. Sr H S Gym | Departure Point: JDHS Departure Time: 7:30 AM Return Date: L Return Time: 4:00 PM |
| Oct 28, 2019 | Mon | Practice | N/A | 3:15 PM | 4:45 PM | VVS Sectional Course | Departure Point: JDHS Departure Time: 3:15 PM Return Date: PM Return Time: 5:45 PM |
| Oct 31, 2019 | Thu | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: PM Return Time: 5:45 PM |
| Nov 4, 2019 | Mon | Practice | N/A | 3:15 PM | 5:45 PM | Green Lakes State Park | Departure Point: JDHS Departure Time: 3:15 PM Return Date: PM Return Time: 5:45 PM |

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| Nov 9, 2019 | Sat | Post-Season (Sectional Championships) | TBD | TBD | | VVS Sectional Course | Departure Point: JDHS | L |

Date: 2026-01-20