

Coaches:

• Nancy Raicht, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START END TIME TIME	T ()(· A I I()KI	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 24, 2021	Tue	Practice	N/A	TBD	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:20 AM	
Aug 27, 2021	Fri	Practice	N/A	TBD	Pratts Falls State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:20 AM	
Aug 30, 2021	Mon	Practice	N/A	TBD	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:20 AM	
Sep 2, 2021	Thu	Practice	N/A	TBD	Pratts Falls State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:20 AM	
Sep 8, 2021	Wed	Practice	N/A	TBD	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Sep 11, 2021	Sat	Regular Season (VVS Invitational - Times TBA)	TBD	1:00 PM	VVS High School	Departure Point: JDHS Main Gym Departure Time: 10:45 AM Return Date: Return Time: 3:00 PM	NL
Sep 13, 2021	Mon	Practice	N/A	TBD	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Sep 18, 2021	Sat	Regular Season (ESM Invite Girls Bus Depart 7:45am RACE 9:45am - No Bus drop off or No Parking available along Kirkville Road,)	, TBD	9:45 AM	East Syracuse Minoa HS	Departure Point: JDHS Main Gym Departure Time: 7:45 AM Return Date: Return Time: 10:30 AM	L

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Sep 20, 2021	Mon	Practice	N/A	TBD		Pratts Falls State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Sep 22, 2021	Wed	Regular Season	@ Oswego	4:30 PM		Oswego Middle School Cross Country Trail	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Sep 25, 2021	Sat	Regular Season (Bville Invite Girls JV 12:15, Girls Varsity 2pm)	TBD	2:00 PM		TBD	Departure Point: JDHS Main Gym Departure Time: 10:00 AM Return Date: Return Time: 3:00 PM	NL
Sep 27, 2021	Mon	Practice	N/A	TBD		Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Sep 29, 2021	Wed	Regular Season	Corcoran (Syracuse West) @ Central Square	4:30 PM		CS: MHE XC Course	Departure Point: JDHS Main Gym Departure Time: 2:30 PM	L
Oct 2, 2021	Sat	Regular Season (Boys and Girls XC at McQuaid Invitational at Genesee Valley Park times TBA)	TBD	TBD		TBD		NL
Oct 4, 2021	Mon	Practice	N/A	TBD		Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Oct 6, 2021	Wed	Regular Season	Fulton, East Syracuse Minoa	4:30 PM		JD HS Stadium		L
Oct 8, 2021	Fri	Meet (Chittenango Twilight Bears Invitational)	Vs. Multiple	4:00 7	7:00 PM	Chittenango HS- Stadium, Chittenango HS- XC Course		NL
Oct 8, 2021	Fri	Regular Season (Chitt. Invite at Chitt. HS Girls Depart 2:30, Race 4pm)	TBD	4:00 PM		TBD	Departure Point: JD HS Main Gym Departure Time: 2:30 PM Return Date: Return Time: 5:00 PM	NL
Oct 13, 2021	Wed	Regular Season	Auburn @ Cortland	4:30 PM		Cortland Jr-Sr High School CC Course	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L

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Oct 16, 2021	Sat	Regular Season (Weedsport Invite Girls Bus 8am, Var Race 10:15am)	TBD	10:15 AM		TBD	Departure Point: JD HS Main Gym Departure Time: 8:00 AM Return Date: Return Time: 12:15 PM	NL
Oct 20, 2021	Wed	Regular Season (SCAC Empire League Championships)	Auburn, Fowler (Syracuse West), Central Square, Oswego, Cortland, East Syracuse Minoa, Fulton @ Baldwinsville	5:00 PM	6:00 PM	Bville - Durgee Cross Country Trail	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Oct 20, 2021	Wed	Regular Season (SCAC Championships at Baldwinsville 5:30pm EMPIRE Girls)	TBD	5:30 PM		TBD	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Oct 22, 2021	Fri	Practice	N/A	TBD		Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Nov 1, 2021	Mon	Practice	N/A	TBD		Pratts Falls State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:30 PM	
Nov 6, 2021	Sat	Post-Season (Sectionals at VVS HS Class B Girls 9:00 am race)	@ TBD	9:00 AM		VVS Sectional Course	Departure Point: JD HS Main Gym Departure Time: 6:45 AM	NL
Nov 13, 2021	Sat	Post-Season (NYSPHSAA at Chenango Valley State Park times TBA)	@ TBD	TBD		TBD	Departure Point: JD HS Main Gym	NL

Date: 2024-04-10