



# Jamesville-Dewitt

## (B) V Cross Country

### Coaches:

- Emily Rowles, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2023	Sat	Meet (Cato-Meridian XC Invitational)	Vs. Multiple	9:00 AM	11:00 AM	Cato-Meridian Cross Country Course		NL
Sep 9, 2023	Sat	Regular Season (Cato-Meridian Invitational)	@ Cato-Meridian (Blue Devils)	9:45 AM		Cato-Meridian Cross Country Course	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 7:00 AM <b>Return Date:</b> <b>Return Time:</b> 11:00 AM	L
Sep 13, 2023	Wed	Regular Season	@ Nottingham (Nottingham)	5:00 PM		Nottingham Cross Country		L
Sep 15, 2023	Fri	Regular Season (VVS Invite)	@ TBD	5:00 PM	6:15 PM	VVS High School	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 2:30 PM <b>Return Date:</b> <b>Return Time:</b> 7:10 PM	L
Sep 20, 2023	Wed	Regular Season	Oswego	5:00 PM		JD HS Stadium		L
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invitational @ Durgee MS - JV-11:10am, V-1:50p)	@ TBD	11:10 AM		TBD	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 9:30 AM <b>Return Date:</b> <b>Return Time:</b> 3:00 PM	L
Sep 27, 2023	Wed	Regular Season (Senior Night)	Corcoran (Syracuse West) @ Central Square	5:00 PM		CS: MHE XC Course		L
Oct 4, 2023	Wed	Regular Season	East Syracuse Minoa, Fulton	5:00 PM		JD HS Stadium		L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invite)	@ Whitesboro	10:30 AM		Deerfield Town Wilderness Park	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 8:00 AM <b>Return Date:</b> <b>Return Time:</b> 12:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 14, 2023	Sat	Regular Season (Burnt Hills Invy)	Colonie High School, Granville (Granville-Whitehall), Schuylerville, Johnstown, Edmeston (Edmeston/Morris), Shaker High School, Ballston Spa High School, Shenendehowa High School, Albany High School, Troy, Greenville, Queensbury, Scotia-Glenville, Glens Falls @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park	<b>Departure Point:</b> JDHS Main Gym	NL
Oct 18, 2023	Wed	Regular Season (SCAC Championships)	Fulton, Oswego, Nottingham (Nottingham), East Syracuse Minoa, Central Square, Auburn, West Genesee, Fayetteville-Manlius, Henninger (Henninger), Fowler (Syracuse West), Liverpool, Cicero-North Syracuse @ Baldwinsville	5:00 PM	5:30 PM	Bville - Durgee Cross Country Trail	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 3:30 PM	L
Nov 4, 2023	Sat	Post-Season (Section Meet - Class B)	@ Vernon-Verona-Sherrill	TBD		Cross Country Course	<b>Departure Point:</b> JDHS Main Gym	L
Nov 11, 2023	Sat	Post-Season (State Meet @ VVS HS)	@ TBD	2:00 PM		VVS High School	<b>Departure Point:</b> JDHS Main Gym <b>Departure Time:</b> 11:45 AM <b>Return Date:</b> <b>Return Time:</b> 3:15 PM	NL

Date: 2024-04-09