Jamesville-Dewitt
(B) V Cross Country

Coaches:

- John Lenish, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 21, 2019	Wed	Practice	N/A	9:00 AM	11:45 AM	Green Lakes State Park	**Departure Time:** 9:00 AM **Return Date:** **Return Time:** 11:45 AM	
Aug 23, 2019	Fri	Practice (Picture Day 11am JDHS Main Gym No Practice)	N/A	TBD		TBD		
Aug 26, 2019	Mon	Practice	N/A	9:00 AM	11:45 AM	Green Lakes State Park	**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 Time:** 9:00 AM **Return Date:** **Return Time:** 11:45 AM	
Sep 4, 2019	Wed	Practice	N/A	3:15 PM	5:45 PM	Green Lakes State Park	**Departure Time:** 3:15 PM **Return Date:** **Return Time:** 5:45 PM	
Sep 7, 2019	Sat	Regular Season (VVS Invitational)	@ Vernon-Verona-Sherrill	12:20 PM		Cross Country Course	**Departure Point:** JDHS **Departure Time:** 10:15 AM	L
Sep 9, 2019	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	**Departure Time:** 4:00 PM **Return Date:** **Return Time:** 4:00 PM	
Sep 11, 2019	Wed	Regular Season	Auburn, Oswego	4:30 PM		JD HS Stadium		L
Sep 14, 2019	Sat	Regular Season (Cross Country Invite)	Altmar-Parish-Williamstown (APW Rebels), Fabius-Pompey, Camden, Central Valley Academy @ East Syracuse Minoa	9:00 AM		ESM Kirkville Rd. Field	**Departure Point:** JDHS **Departure Time:** 8:30 AM	L
Sep 18, 2019	Wed	Regular Season	Central Square @ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field	**Departure Point:** JDHS **Departure Time:** 3:00 PM	L
Sep 19, 2019	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	**Departure Point:** JDHS **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
Sep 21, 2019	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		Bville - Durgee Cross Country Trail	**Departure Point:** JDHS **Departure Time:** 11:00 AM **Return Date:** **Return Time:** 3:30 PM	L
Sep 23, 2019	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	**Departure Point:** JDHS **Departure Time:** 4:00 PM **Return Date:** **Return Time:** 6:00 PM	
Sep 25, 2019	Wed	Regular Season	Cicero-North Syracuse @ Cortland	4:30 PM		Cortland Jr-Sr High School CC Course	**Departure Point:** JDHS **Departure Time:** 2:30 PM **Return Date:** **Return Time:** 6:00 PM	L
Oct 2, 2019	Wed	Regular Season	Fulton, Fowler (Syracuse West)	4:30 PM		JD HS Stadium		L
Oct 3, 2019	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	**Departure Point:** JDHS **Departure Time:** 4:00 PM **Return Date:** **Return Time:** 6:00 PM	
Oct 5, 2019	Sat	Regular Season (Whitesboro Invitational)	Holland Patent, Central Valley Academy, Altmar-Parish-Williamstown (APW Rebels), Corcoran (Syracuse West), Canastota, Oneida, Vernon-Verona-Sherrill, Cooperstown (Cooperstown/Milford), New Hartford, Westmoreland, Edmeston (Edmeston/Morris), Utica Proctor, Little Falls, Notre Dame, Utica, Poland, Waterville @ Whitesboro	8:30 AM		Deerfield Town Wilderness Park	**Departure Point:** JDHS **Departure Time:** 7:15 AM **Return Date:** **Return Time:** 2:00 PM	NL
Oct 7, 2019	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	**Departure Point:** JDHS **Departure Time:** 4:00 PM **Return Date:** **Return Time:** 6:00 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

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 16, 2019	Wed	Regular Season (SCAC League Championships)	West Genesee, Cicero-North Syracuse, Central Square, Auburn, Oswego, 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:** **Return Time:** 6:30 PM	L
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:** **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:** **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:** **Return Time:** 5:45 PM	
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS	**Departure Point:** JDHS **Departure Time:** 7:00 AM **Return Date:** **Return Time:** 2:00 PM	NL
Oct 28, 2019	Mon	Practice	N/A	3:15 PM	5:45 PM	VVS Sectional Course	**Departure Point:** JDHS **Departure Time:** 3:15 PM **Return Date:** **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:** **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:** **Return Time:** 5:45 PM	
Nov 9, 2019	Sat	Post-Season (Sectional Championships)	TBD	TBD		VVS Sectional Course	**Departure Point:** JDHS	L

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Nov 15, 2019	Fri	Post-Season (Travel Day to Championships)	TBD	TBD		TBD	**Departure Point:** JDHS **Departure Time:** 8:00 AM	L
Nov 16, 2019	Sat	Post-Season (Cross Country Championships @ Plattsburgh)	TBD	8:45 AM	11:00 AM	SUNY Plattsburgh	**Departure Time:** 7:00 AM	L

Date: 2024-10-12