



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 22, 2022	Mon	Practice (1st practice)	N/A	8:00 AM	10:15 AM	JD HS Main Gym		
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:15 AM	JD HS Main Gym		
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:15 AM	JD HS Main Gym		
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:15 AM	JD HS Main Gym		
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:45 AM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 8:00 AM Return Date: Return Time: 10:45 AM	
Aug 27, 2022	Sat	Practice	N/A	9:00 AM	10:15 AM	JD HS Main Gym		
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:15 AM	JD HS Main Gym		
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:15 AM	JD HS Main Gym		
Aug 31, 2022	Wed	Practice	N/A	3:00 PM	5:15 PM	JD HS Main Gym		
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:00 PM Return Date: Return Time: 6:00 PM	
Sep 6, 2022	Tue	Practice (1st Day of School 2022-2023!!!)	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 7, 2022	Wed	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 8, 2022	Thu	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 9, 2022	Fri	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 10, 2022	Sat	Regular Season (Vernon-Verona Sherrill Invitational @ VVS HS)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym	L
Sep 12, 2022	Mon	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 13, 2022	Tue	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 14, 2022	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 15, 2022	Thu	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 16, 2022	Fri	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 17, 2022	Sat	Regular Season (ESM Invitational - Boys V: 9:00a)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym Departure Time: 7:45 AM	L
Sep 19, 2022	Mon	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 20, 2022	Tue	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 21, 2022	Wed	Regular Season	Cortland, Central Square	4:30 PM		JD HS Stadium		L
Sep 22, 2022	Thu	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 23, 2022	Fri	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 24, 2022	Sat	Regular Season (Baldwinsville Invite - Races: BJV-1:05, BV-3:15)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym Departure Time: 11:15 AM	L
Sep 27, 2022	Tue	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 28, 2022	Wed	Regular Season	Auburn @ Corcoran (Syracuse West)	4:30 PM		Corcoran Stadium	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Sep 29, 2022	Thu	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Sep 30, 2022	Fri	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Oct 3, 2022	Mon	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Oct 4, 2022	Tue	Regular Season (Senior Night)	Fulton @ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Oct 6, 2022	Thu	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
CANCELLED Oct 11, 2022	Tue	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Oct 12, 2022	Wed	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Oct 13, 2022	Thu	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Oct 14, 2022	Fri	Practice	N/A	3:10 PM	5:15 PM	JD HS Main Gym		
Oct 15, 2022	Sat	Regular Season	Auburn, Bishop Ludden, Camden, Cato-Meridian (Blue Devils), Central Square, C.J. Finney HS, Fairport, Henninger (Henninger), Jordan-Elbridge, Mynderse Academy, Oswego, Port Byron (Port Byron/Union Springs) @ Weedsport	8:30 AM		Weedsport Jr.-Sr. High School		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 15, 2022	Sat	Regular Season	Homer, Bishop Grimes, Cazenovia, Chittenango, Cincinnatus, Cortland, Mexico, Manlius Pebble Hill, New York Mills, Notre Dame, Utica, Sandy Creek, South Jefferson, Trumansburg, Whitesboro, Sullivan West, Altmar-Parish-Williamstown (APW Rebels) @ Tully	8:45 AM	2:00 PM	Tully XC Course		NL
Oct 15, 2022	Sat	Regular Season (Tully Invite - Race 1:00 pm)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym Departure Time: 11:00 AM	L
Oct 19, 2022	Wed	Regular Season (SCAC League Meet)	Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville-Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Cortland, Corcoran (Syracuse West) @ Baldwinsville	4:30 PM	6:30 PM	Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym	Departure Point: JDHS Main Gym Departure Time: 2:30 PM	L
Nov 5, 2022	Sat	Post-Season (Section 3 Finals at VVS HS Boys Class B 11:30am Race)	@ TBD	11:30 AM		VVS High School	Departure Point: JDHS Main Gym Departure Time: 8:45 AM	NL
Nov 12, 2022	Sat	Post-Season (NYSPHSAA State Championship Meet at VVS HS)	@ TBD	TBD		VVS High School	Departure Point: JDHS Main Gym	NL
Nov 16, 2022	Wed	Practice (POST Season Sectional COACH MGT. at VVS HS 6:30pm)	N/A	6:30 PM		VVS High School		

Date: 2025-12-19