



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
Aug 18, 2022	Thu	Practice (JD COACHES Meeting noon-1pm LGR)	N/A	12:00 PM	1:00 PM	JDHS - LGR		
Aug 22, 2022	Mon	Practice (1st practice)	N/A	TBD		JD HS Main Gym		
Aug 24, 2022	Wed	Practice (SCAC League COACHES Mgt. at Marcellus HS 6pm)	N/A	6:00 PM	7:00 PM	TBD		
Aug 25, 2022	Thu	Practice (All Sports Booster Fundraiser @ Syracuse Mets)	N/A	TBD		TBD		
Aug 27, 2022	Sat	Practice (Pre-Season Parent meeting - JDHS Auditorium or JDHS Stadium)	N/A	8:00 AM	8:30 AM	TBD		
Aug 30, 2022	Tue	Practice (Freshman Orientation noon-1:30, Freshman Parent Mgt with Guidance Department 7pm)	N/A	7:00 PM		TBD		
Aug 31, 2022	Wed	Practice (Superintendent Conference Day for Teachers)	N/A	7:45 AM	3:00 PM	TBD		
Sep 1, 2022	Thu	Practice (Superintendent Conference Day for Teachers)	N/A	7:45 AM	3:00 PM	TBD		
Sep 2, 2022	Fri	Practice (Picture Day)	N/A	11:15 AM		JD HS Main Gym		
Sep 3, 2022	Sat	Practice (SU v Louisville Youth Sport Day)	N/A	8:00 PM		TBD		
Sep 5, 2022	Mon	Practice (LABOR DAY - NO Practice)	N/A	TBD		TBD		
Sep 6, 2022	Tue	Practice (1st Day of School 2022-2023!!!)	N/A	TBD		TBD		
Sep 15, 2022	Thu	Regular Season	@ Oswego	4:30 PM		Oswego Middle School Cross Country Trail	Departure Point: JDHS Main Gym	L
Sep 21, 2022	Wed	Regular Season	Cortland, Central Square	4:30 PM		JD HS Stadium		L
Sep 26, 2022	Mon	Practice (Rosh Hashanah - no practices)	N/A	TBD		TBD		
Sep 28, 2022	Wed	Regular Season	Auburn @ Corcoran (Syracuse West)	4:30 PM		Corcoran Stadium	Departure Point: JDHS Main Gym	L
Oct 1, 2022	Sat	Practice (S.A.T. Exams at JDHS 7:45am-3pm No building access)	N/A	7:45 AM	3:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 3, 2022	Mon	Practice (EASTSIDE COLLEGE FAIR at JDHS - SR excused at 5pm)	N/A	TBD		TBD		
Oct 3, 2022	Mon	Practice (Spirit Week/Homecoming Oct 3rd-Oct 8th)	N/A	TBD		TBD		
Oct 4, 2022	Tue	Regular Season	Fulton @ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field	Departure Point: JDHS Main Gym	L
Oct 5, 2022	Wed	Practice (YOM KIPPUR - NO practice)	N/A	TBD		TBD		
Oct 6, 2022	Thu	Practice (JDHS Open House 6:30pm-8:30pm)	N/A	6:30 PM	8:30 PM	TBD		
Oct 10, 2022	Mon	Practice (Columbus Day - No School)	N/A	TBD		TBD		
Oct 15, 2022	Sat	Practice (PSAT Exams at JDHS for Jr's - no building access 7:45am-3pm)	N/A	7:45 AM	3:00 PM	TBD		
Oct 19, 2022	Wed	Post-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	Departure Point: JDHS Main Gym	L
Nov 5, 2022	Sat	Post-Season (Section 3 Finals at VVS HS Boys Class B 10:20am Race)	@ TBD	10:20 AM		VVS High School	Departure Point: JDHS Main Gym	NL
Nov 8, 2022	Tue	Practice (Superintendent Conference Day for teachers 7:45am-2pm, JD Winter Coaches Meet 2pm-4pm LGR)	N/A	TBD		TBD		
Nov 11, 2022	Fri	Practice (Veteran's Day - No School)	N/A	TBD		TBD		
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: 2022-08-13