

Coaches:

• John Lenish, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Central Valley Academy, Remsen (Remsen), Utica Proctor, Camden, New Hartford, Westmoreland, Notre Dame, Utica, Holland Patent, Waterville, Clinton, South Lewis, Cicero-North Syracuse, Weedsport, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Fabius- Pompey, Canastota, Vernon-Verona- Sherrill, Cazenovia, Whitesboro, DeRuyter, Hamilton, Baldwinsville, Indian River, Liverpool, Onondaga Central, Phoenix, West Genesee, Auburn, Central Square, Tully @ Mount Markham	8:00 AM		HS Track		L
Sep 10, 2025	Wed	Regular Season (SCAC Relays)	Cicero-North Syracuse, Liverpool, Baldwinsville, West Genesee, Corcoran (Syracuse West), Henninger (Henninger), Nottingham (Nottingham), Fulton, Oswego, Central Square @ East Syracuse Minoa	4:30 PM		ESM Kirkville Rd. Field		L
Sep 13, 2025	Sat	Regular Season (ESM Invitational)	@ TBD	9:00 AM		Pine Grove Cross Country Track		L
Sep 17, 2025	Wed	Regular Season	@ Central Square	5:00 PM		CS: MHE XC Course		L
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	2:00 PM		Bville - Durgee Cross Country Trail		L
Sep 24, 2025	Wed	Regular Season	East Syracuse Minoa, Oswego	5:00 PM		JD HS Stadium	Departure Point: JDHS Main Gym	L
Oct 1, 2025	Wed	Regular Season	Fulton	5:00 PM		JD HS Stadium	Departure Point: JDHS Main Gym	L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	10:40 AM		Deerfield Town Wilderness Park		NL
Oct 8, 2025	Wed	Regular Season	Auburn @ Fayetteville-Manlius	5:00 PM		FM Cross Country	Departure Point: JDHS Main Gym	L

DATE	WEEK	ТҮРЕ	OPPONENTS	START END	I CACA LICANI	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 18, 2025	Sat	Regular Season (Marcellus Invitational)	@ TBD	12:50 PM	Marcellus Park		L
Oct 22, 2025	Wed	Regular Season (SCAC Championships)	Auburn, Central Square, Corcoran (Syracuse West), East Syracuse Minoa, Fayetteville-Manlius, Henninger (Henninger), Fulton, Fowler (Syracuse West), Liverpool, Cicero-North Syracuse, West Genesee, Oswego, Nottingham (Nottingham) @ Baldwinsville	5:00 PM	Bville - Durgee Cross Country Trail		L
Nov 8, 2025	Sat	Post-Season (Sectional Championships XC)	@ Mount Markham	3:10 PM	HS Track		L

Date: 2025-12-05