## Coaches:

• John Lenish, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START EN TIME TIM		TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 13, 2023	Wed	Regular Season	Central Square @ East Syracuse Minoa	4:50 PM	ESM Kirkville Rd. Field	Departure Point: JDMS Departure Time: 3:15 PM	L
CANCELLED Sep 13, 2023	Wed	Regular Season	@ Nottingham	5:45 PM	Nottingham Cross Country		L
Sep 20, 2023	Wed	Regular Season	Oswego	5:45 PM	JD HS Stadium		L
Sep 23, 2023	Sat	Regular Season (Baldwinsville Invitational @ Durgee MS - G 12:40p, B 1pm)	@ TBD	1:00 PM	TBD	Departure Point: JDMS Departure Time: 9:30 AM Return Date: Return Time: 3:00 PM	L
Sep 27, 2023	Wed	Regular Season	Corcoran (Syracuse West) @ Central Square	5:45 PM	CS: MHE XC Course		L
Oct 4, 2023	Wed	Regular Season	East Syracuse Minoa, Fulton	5:30 PM	JD HS Stadium		L
Oct 7, 2023	Sat	Regular Season (Whitesboro Invite @ Deerfield Wilderness Park - G 9:10am, B 9:30a)	@ TBD	9:30 AM	TBD	Departure Point: JDMS Departure Time: 7:00 AM Return Date: Return Time: 12:00 PM	L
Oct 19, 2023	Thu	Regular Season (SCAC Modified XC Invitational)	Oswego, Fulton, Auburn, Nottingham, Corcoran (Syracuse West), Henninger, Cicero-North Syracuse, Liverpool, Fayetteville-Manlius, West Genesee, Baldwinsville, Central Square @ East Syracuse Minoa	4:30 7:3 PM PM	~ Kirkvillo		L

Date: 2024-05-05