

## Coaches:

• John Lenish, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 18, 2021	Sat	Regular Season (ESM Invite B/G Bus Depart 9am, Boys Race 10:30am, Girls Race 11am - No Parking or bus drop off along Kirkville Road)	TBD	10:30 AM		East Syracuse Minoa HS	Departure Point: JDMS Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM	NL
Sep 22, 2021	Wed	Regular Season	@ Oswego	5:45 PM		Oswego Middle School Cross Country Trail		L
Sep 25, 2021	Sat	Regular Season (Bville Invite B/G Bus Depart 11:45am Girls Race 1:15pm, Boys Race 1:40pm)	TBD	1:40 PM		TBD	Departure Point: JDMS Departure Time: 11:30 AM Return Date: Return Time: 3:00 PM	NL
Sep 29, 2021	Wed	Regular Season	Corcoran (Syracuse West) @ Central Square	5:45 PM		CS: MHE XC Course	Departure Point: JDMS Departure Time: 4:15 PM	L
Oct 2, 2021	Sat	Regular Season (Whitesboro Invitational)	Oriskany, Altmar- Parish-Williamstown (APW Rebels), Remsen (Remsen/Town of Webb), Central Valley Academy, New Hartford, Henninger, Clinton, Utica Proctor (JFK/DMS), Holland Patent, Notre Dame, Utica, Corcoran (Syracuse West) @ Whitesboro	9:00 AM	1:30 PM	Deerfield Town Wilderness Park		NL
Oct 2, 2021	Sat	Regular Season (Whitesboro Invite Bus Depart 7am, Girls Race 9:10am, Boys Race 9:30am - at Deerfield Wilderness Park)		9:30 AM		TBD	Departure Point: JDMS Departure Time: 7:00 AM Return Date: Return Time: 10:45 AM	NL
Oct 6, 2021	Wed	Regular Season	East Syracuse Minoa, Fulton	5:45 PM		JD HS Stadium		L
Oct 9, 2021	Sat	Regular Season (Rome Invite at Staley Elementary depart 9am, girls race 11am, boys race 11:20am)	TBD	11:20 AM		TBD	Departure Point: JDMS Departure Time: 9:00 AM Return Date: Return Time: 12:45 PM	NL
Oct 13, 2021	Wed	Regular Season	Auburn @ Cortland	5:45 PM		Cortland Jr-Sr High School CC Course	Departure Point: JDMS Departure Time: 4:00 PM	L

DATE	WEEI DAY	<sup>К</sup> ТҮРЕ	OPPONENTS	START I	END TIME LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 16, 2021	Sat	Regular Season (Weedsport Invite Bus Depart 7:30am, Boys Race 9:15am, Girls Race 9:45am)		9:15 AM	TBD	Departure Point: JDMS Departure Time: 7:30 AM Return Date: Return Time: 10:45 AM	NL
Oct 21, 2021	Thu	Regular Season	East Syracuse Minoa, Auburn, Oswego, Fulton, Cortland @ Central Square	4:30 PM	CS: MHE XC Course	Departure Point: JDMS Departure Time: 3:15 PM	L

Date: 2024-04-23