Coaches:

• Denise Becher, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2024	Wed	Regular Season	@ Nottingham	4:30 PM	6:30 PM	H.W. Smith Middle School (Gym)	Departure Point: JDMS Departure Time: 3:15 PM	L
Sep 14, 2024	Sat	Regular Season (ESM Invitational - Mod B-10:30am, Mod G-11:00am)	@ TBD	10:30 AM		Pine Grove Cross Country Track	Departure Point: JDMS Departure Time: 9:00 AM	L
Sep 18, 2024	Wed	Regular Season	@ Central Square	5:15 PM		CS: MHE XC Course	Departure Point: JDMS Departure Time: 4:00 PM	L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational - Mod G- 12:50pm, Mod B- 1:10pm)	@ TBD	1:10 PM		Bville - Durgee Jr. High School	Departure Point: JDMS Departure Time: 11:15 AM	L
Sep 25, 2024	Wed	Regular Season	East Syracuse Minoa, Fulton	5:30 PM		JD HS Stadium		L
Oct 2, 2024	Wed	Regular Season	Oswego, Auburn	5:30 PM		JD HS Stadium		L
Oct 5, 2024	Sat	Regular Season (Whitesboro Invitational - V Boys- 9:30 am, V Girls - 9:10 am)	@ TBD	9:30 AM		Deerfield Town Wilderness Park	Departure Point: JDMS Departure Time: 7:00 AM	L
Oct 8, 2024	Tue	Regular Season	Baldwinsville	5:30 PM		JD HS Stadium		L
Oct 17, 2024	Thu	Regular Season (SCAC League Meet)	Fulton, Central Square, Nottingham, Henninger, Corcoran (Syracuse West), Cicero-North Syracuse, Baldwinsville, Auburn, West Genesee, Fayetteville-Manlius, East Syracuse Minoa, Liverpool @ Oswego	4:30 PM	6:30 PM	Oswego Middle School Cross Country Trail	Departure Point: JDMS Departure Time: 3:00 PM	L

Date: 2025-12-15