



# LaFayette

## (G) V Cross Country

### Coaches:

- Sean Zehner

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 5, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 6, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 7, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 8, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 11, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 12, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 13, 2023	Wed	Regular Season	Onondaga Central, Manlius Pebble Hill	4:30 PM	6:30 PM	LaFayette H S Stadium		L
Sep 14, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 15, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 16, 2023	Sat	Regular Season	@ Vernon-Verona-Sherrill	TBD	12:00 PM	Cross Country Course	Departure Point: High School	NL
Sep 18, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 19, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 20, 2023	Wed	Regular Season	DeRuyter @ Cincinnatus	4:30 AM	6:30 AM	TBD		L
Sep 21, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 22, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 23, 2023	Sat	Regular Season	@ TBD	TBD	6:30 PM	Bville - Durgee Cross Country Trail	Departure Point: High School	NL
Sep 25, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 26, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 28, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 29, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Sep 30, 2023	Sat	Regular Season	@ McQuaid Jesuit	TBD		Genesee Valley Park, Rochester	Departure Point: High School	NL
Oct 2, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 3, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 4, 2023	Wed	Regular Season	Fabius-Pompey, Faith Heritage	4:30 PM	6:30 PM	LaFayette H S Stadium		L
Oct 5, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 6, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 9, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 10, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 11, 2023	Wed	Regular Season	TBD @ Tully	4:30 PM	6:30 PM	Tully XC Course	<b>Departure Time:</b> 3:00 PM	L
Oct 12, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 13, 2023	Fri	Regular Season	@ Burnt Hills-Ballston Lake HS	TBD		Saratoga Spa State Park	<b>Departure Point:</b> High School	NL
Oct 16, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 17, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 18, 2023	Wed	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 19, 2023	Thu	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 19, 2023	Thu	Regular Season	@ Marcellus	4:30 PM	6:30 PM	Marcellus Park	<b>Departure Point:</b> High School	L
Oct 20, 2023	Fri	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 23, 2023	Mon	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 24, 2023	Tue	Practice	N/A	3:30 PM	5:30 PM	LaFayette H S Stadium		
Oct 25, 2023	Wed	Meet (OHSL League Meet)	Vs. Multiple	4:00 PM	7:00 PM	Tully XC Course		NL
Oct 25, 2023	Wed	Post-Season	@ TBD	TBD		VVS HS	<b>Departure Point:</b> High School	NL
Oct 25, 2023	Wed	Post-Season	@ TBD	TBD		TBD	<b>Departure Point:</b> High School	L

Date: 2025-12-16