

Coaches:

- Tim Baker
- Tom Shea
- Jason Burke

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 16, 2023	Sat	Regular Season (VVS Cross Country Invitational)	@ TBD	8:15 AM		TBD	Departure Point: SHS Departure Time: 9:50 AM	NL
Sep 20, 2023	Wed	Regular Season	@ Phoenix	4:30 PM		EJD XC Course	Departure Point: SHS Departure Time: 3:00 PM	L
Sep 23, 2023	Sat	Regular Season (Baldwinsville Cross Country Invitational)	@ TBD	10:00 AM		TBD	Departure Point: SHS Departure Time: 9:00 AM	NL
Sep 30, 2023	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		TBD	Departure Point: SHS Departure Time: 6:30 AM	NL
Oct 4, 2023	Wed	Regular Season (Senior Night)	@ Jordan-Elbridge	4:30 PM		JE HS Cross Country Course	Departure Point: SHS Departure Time: 3:15 PM	L
Oct 7, 2023	Sat	Regular Season (Tully Co-Ed Invitational)	Chittenango, Cortland, Fulton, Homer, Liverpool, Nottingham (Nottingham), Bishop Grimes, Bishop Ludden, Cincinnatus, Christian Brothers Academy, Dewitt, Faith Heritage, Livingston Manor, Manlius Pebble Hill, Mexico, Notre Dame, Utica, Pulaski, South Jefferson, Westhill @ Tully	9:00 AM		Tully XC Course		NL
Oct 7, 2023	Sat	Regular Season (Tully Invitational)	@ TBD	9:00 AM		Tully XC Course	Departure Point: SHS Departure Time: 7:30 AM	NL
Oct 10, 2023	Tue	Regular Season	Solvay @ Skaneateles	4:30 PM	5:30 PM	Skaneateles Polo Grounds	Departure Point: SHS Departure Time: 3:30 PM	L
Oct 14, 2023	Sat	Regular Season (RFA Invitational)	@ TBD	11:00 AM		RFA Cross Country Course	Departure Point: SHS Departure Time: 8:30 AM	NL
Nov 4, 2023	Sat	Post-Season (Section 3 Championship)	@ TBD	9:00 AM		Cross Country Course	Departure Point: SHS Departure Time: 7:00 AM	NL

Date: 2024-04-29