

## Coaches:

- Tim Baker
- Jason Burke

DATE	WEEK DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE I / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Vernon-Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL
Sep 7, 2024	Sat	Regular Season (Mt. Markham Invitational)	@ TBD	9:00 AM		Mount Markham HS	Departure Point: SHS Departure Time: 7:00 AM	NL
Sep 18, 2024	Wed	Regular Season	Westhill, Phoenix, Homer	4:30 PM	6:30 PM	Marcellus Park		L
Sep 21, 2024	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	10:00 AM		Bville - Durgee Cross Country Trail	Departure Point: SHS Departure Time: 9:00 AM	NL
Sep 25, 2024	Wed	Regular Season	Skaneateles, Christian Brothers Academy, Dewitt @ Westhill	4:30 PM		Santaro Park	Departure Point: SHS Departure Time: 3:30 PM	L

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 28, 2024	Sat	Regular Season (McQuaid Invitational)	@ TBD	9:00 AM		McQuaid Jesuit HS	Departure Point: SHS Departure Time: 7:30 AM	NL
Oct 2, 2024	Wed	Regular Season	Solvay, Mexico, Christian Brothers Academy, Dewitt	4:30 PM	6:30 PM	Marcellus Park		L
Oct 5, 2024	Sat	Regular Season (Tully Invitational)	@ TBD	9:00 AM		Tully XC Course	Departure Point: SHS Departure Time: 9:00 AM	NL
Oct 5, 2024	Sat	Meet (Tully XC Invite )	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course		NL
Oct 9, 2024	Wed	Regular Season (CBA vs Homer and JE vs Marcellus)	Christian Brothers Academy, Dewitt, Homer @ Jordan- Elbridge	4:30 PM	6:30 PM	JE HS Cross Country Course	Departure Point: SHS Departure Time: 3:30 PM	L
Oct 12, 2024	Sat	Regular Season (Burnt Hills Invitational)	@ TBD	12:15 PM		Saratoga Spa State Park	Departure Point: SHS Departure Time: 6:30 AM	L
Oct 19, 2024	Sat	Regular Season (Marcellus Invitational)	Bishop Ludden	9:00 AM		Marcellus Park		NL
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		Marcellus Park		NL
Oct 19, 2024	Sat	Regular Season (Marcellus Invitational)	Clinton	9:00 AM		Marcellus Park		L
Oct 23, 2024	Wed	Regular Season	Mexico, Homer @ Cazenovia	4:30 PM	6:30 PM	Cazenovia Googin/Fenner X-C Course	Departure Point: SHS Departure Time: 3:00 PM	L
Oct 30, 2024	Wed	Meet (OHSL League Championship )	Vs. Multiple	4:00 PM	6:30 PM	MARCELLUS PARK		NL
Nov 9, 2024	Sat	Post-Season (Section 3 Championships)	@ TBD	TBD		Mount Markham HS	Departure Point: SHS Departure Time: 6:30 AM	NL

Date: 2025-12-05