

## Coaches:

• Andrea Carney, Head Coach

DATE	WEEK	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Aug 18, 2025	Mon	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Perry JH)			
Aug 19, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Perry JH)			
Aug 20, 2025	Wed	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Perry JH)			
Aug 21, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Perry JH)			
Aug 22, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Perry JH)			
Aug 25, 2025	Mon	Practice	N/A	10:00 AM	1:00 PM	Green Lakes State Park		Departure Point: High School Science Wing Departure Date: Aug 25, 2025 Departure Time: 9:00 AM Return Date: Return Time: 2:00 PM	
Aug 26, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	Cross Country Course (Perry JH)			
Aug 27, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Aug 28, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Aug 29, 2025	Fri	Practice	N/A	9:00 AM	11:00 AM	Cross Country Course (Perry JH)			
Sep 2, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 3, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 4, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			

DATE	WEE! DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 5, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica Proctor, Auburn, Camden, Weedsport, Fayetteville- Manlius, Chittenango, Canastota, South Lewis, Jamesville- Dewitt, Cicero- North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix West Genesee, Tully, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius- Pompey, Vernon- Verona-Sherrill, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	' 8:00		Mount Markham HS		Departure Time: 7:30 AM	NL
Sep 6, 2025	Sat	Regular Season (Mt. Markham Invitational)	@ TBD	TBD		HS Track	<b>Bus/Driver:</b> J. Luley	Departure Point: High School Science Wing Departure Date: Sep 6, 2025 Departure Time: 7:30 AM Return Date: Sep 6, 2025 Return Time: 10:30 AM	L
Sep 8, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 9, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 10, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			

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Sep 11, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Sep 12, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	DeRuyter,	9:00 AM		Cross Country Course (Perry JH)			NL
Sep 15, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 16, 2025	Tue	Regular Season	Oneida @ Central Valley Academy	4:00 PM		Diss Athletic Complex	<b>Bus/Driver:</b> P. Wright	Departure Point: High School Science Wing Departure Date: Sep 16, 2025 Departure Time: 7:30 AM Return Date: Sep 16, 2025 Return Time: 7:30 PM	L
Sep 17, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 18, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Sep 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			

DATE	WEEK	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		TBD	<b>Bus/Driver:</b> T. Newman	Departure Point: High School Science Wing Departure Date: Sep 20, 2025 Departure Time: 7:30 AM Return Date: Return Time: 5:00 PM	L
Sep 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 23, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 24, 2025	Wed	Regular Season	Camden, Rome Free Academy, Notre Dame, Utica	4:00 PM		Cross Country Course (Perry JH)			L
Sep 25, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Sep 26, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 29, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Sep 30, 2025	Tue	Regular Season	Vernon-Verona- Sherrill @ Holland Patent	4:00 PM		Holland Patent HS	<b>Bus/Driver:</b> T. Newman	Departure Point: High School Science Wing Departure Date: Sep 30, 2025 Departure Time: 7:30 AM Return Date: Sep 30, 2025 Return Time: 7:00 PM	L
Oct 1, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 2, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Oct 3, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	11:20 AM		Deerfield Town Wilderness Park		Departure Point: High School Departure Date: Oct 4, 2025 Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	NL

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Oct 4, 2025	Sat	Regular Season (Whitesboro Invitational)	@ TBD	TBD		TBD	<b>Bus/Driver:</b> D. Casler	Departure Point: High School Science Wing Departure Time: 7:30 AM Return Date: Return Time: 1:00 PM	L
Oct 6, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 7, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 8, 2025	Wed	Regular Season (Senior Recognition Day)	Whitesboro @ Utica Proctor	4:00 PM		Proctor Park		Departure Point: High School Science Wing Departure Date: Oct 8, 2025 Departure Time: 7:30 AM Return Date: Oct 8, 2025 Return Time: 6:30 PM	L
Oct 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Oct 10, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 11, 2025	Sat	Regular Season (Burnt Hills Invitational)	@ TBD	TBD		TBD	<b>Bus/Driver:</b> D. Casler	Departure Point: High School Science Wing Departure Time: 7:30 AM Return Date: Return Time: 6:00 PM	L
Oct 14, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 15, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 16, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Oct 17, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			

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Oct 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 22, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 23, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Oct 24, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 25, 2025	Sat	Regular Season (TVL Invitational)	Vernon-Verona- Sherrill, Camden, Oneida, Utica Proctor, Holland Patent, Whitesboro, Notre Dame, Utica, Rome Free Academy @ Central Valley Academy	11:00 AM		Diss Athletic Complex	Bus/Driver: M. Wakefield	Departure Point: High School Science Wing Departure Time: 7:00 AM Return Date: Return Time: 1:00 PM	L
Oct 27, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 28, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Oct 29, 2025	Wed	Practice (Practice @ Mount Markaham)	N/A	3:10 PM	4:30 PM	TBD	<b>Bus/Driver:</b> J. Luley	Departure Point: HS Science Wing Departure Time: 2:45 PM Return Date: Return Time: 4:30 PM	
Oct 30, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Perry Jr High School pool			
Oct 31, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course (Perry JH)			
Nov 8, 2025	Sat	Post-Season (Sectionals)	@ Mount Markham	2:10 PM		HS Track	<b>Bus/Driver:</b> C. Obernesser	Departure Point: High School Science Wing Departure Date: Nov 8, 2025 Departure Time: 12:00 PM Return Date: Return Time: 5:00 PM	L

Date: 2025-12-05