

Coaches:

• Mike Brych, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	Remsen (Remsen), Phoenix, Holland Patent, Tully, Cato- Meridian (Blue Devils), South Lewis, Adirondack, Whitesboro, Clinton, Waterville, Beaver River, Vernon-Verona- Sherrill, Notre Dame, Utica, Weedsport, Central Square, Rome Free Academy, Auburn, Canastota, Cazenovia, Christian Brothers Academy, Dewitt, Central Valley Academy, Chittenango, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Homer, TBD, Indian River, Jamesville- Dewitt, Jordan- Elbridge, Liverpool, Marcellus, Mexico, Nottingham (Nottingham), Oneida, Onondaga Central, Utica Proctor, Pulaski, Skaneateles, South Jefferson, Watertown, West Genesee, Westmoreland @ Mount Markham		12:00 PM	HS Track		NL
Sep 14, 2024	Sat	Regular Season (New Hartford Invitational)	Clinton, Whitesboro, Mount Markham, Dolgeville, Hamilton, Notre Dame, Utica, Utica Proctor, Central Valley Academy, Unadilla Valley (UV/GMU), Rome Free Academy	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 14, 2024	Sat	Regular Season	@ Poland	9:00 AM		TBD		L
Sep 24, 2024	Tue	Regular Season	Vernon-Verona-Sherrill @ Utica Proctor	4:00 PM		Proctor Park		L
Oct 1, 2024	Tue	Regular Season	Whitesboro, Oneida, Holland Patent	4:00 PM	7:00 PM	Cross Country Course (Perry JH)		L
Oct 8, 2024	Tue	Regular Season	Rome Free Academy @ Central Valley Academy	4:00 PM		Diss Athletic Complex		L
Oct 15, 2024	Tue	Regular Season	Notre Dame, Utica, Camden	4:00 PM		Cross Country Course (Perry JH)		L

DATE	WEE! DAY	^K TYPE	OPPONENTS	START END TIME TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM	TBD		NL
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, Utica Proctor, Holland Patent, Vernon- Verona-Sherrill, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	11:00 AM	Proctor Park, Utica		L

Date: 2025-12-05