



- Erin Wake, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
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, New Hartford, 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 AM		Mount Markham HS	<b>Bus/Driver:</b> Durham	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 6:00 AM	NL
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Rome Free Academy, Oneonta, Unadilla Valley (UV/GMU), Utica Proctor, New York Mills, Town of Webb UFSD, Camden, Adirondack, Central Valley Academy, DeRuyter, Edmeston (Edmeston/Morris), Herkimer, Holland Patent, Mount Markham, Poland, Sauquoit Valley, Vernon-Verona-Sherrill, Westmoreland, Whitesboro @ New Hartford	9:00 AM		Cross Country Course (Perry JH)			NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 16, 2025	Tue	Regular Season	Holland Patent, Utica Proctor @ Camden	4:00 PM		Camden Cross Country Course	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 2:30 PM		L
Sep 24, 2025	Wed	Regular Season	Camden, Rome Free Academy @ New Hartford	4:00 PM		Cross Country Course (Perry JH)	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 2:45 PM		L
Sep 30, 2025	Tue	Regular Season	Whitesboro, Camden @ Oneida	4:00 PM		Cross Country Course	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 2:45 PM		L
Oct 4, 2025	Sat	Meet (Whitesboro Cross Country Invitational 2025)	Vs. Multiple	11:20 AM		Deerfield Town Wilderness Park			NL
Oct 7, 2025	Tue	Regular Season	Central Valley Academy, Vernon-Verona-Sherrill, Camden	4:00 PM		Proctor Park, Utica	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 2:45 PM		L
Oct 25, 2025	Sat	Regular Season (TVL Invitational)	New Hartford, Vernon-Verona-Sherrill, Camden, Oneida, Utica Proctor, Holland Patent, Whitesboro, Rome Free Academy @ Central Valley Academy	11:00 AM		Diss Athletic Complex	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 7:30 AM		L
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitaional)	Indian River, Pulaski, McQuaid Jesuit, Vernon-Verona-Sherrill, DeRuyter, Clinton, West Canada Valley, Watertown, Hamilton @ Adirondack	9:00 AM		Adirondack HS	<b>Departure Point:</b> Notre Dame Lane <b>Departure Time:</b> 7:00 AM		L

Date: 2025-12-05