



# Onondaga Central

## (G) V Cross Country

### Coaches:

- Dennis O'Rourke

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	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, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, 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 AM		Mount Markham HS	Departure Time: 7:30 AM	NL
Sep 13, 2025	Sat	Regular Season (ESM Invite)	@ TBD	4:30 PM	6:00 PM	TBD	Departure Time: 7:15 AM	L
Sep 20, 2025	Sat	Regular Season (Baldwinsville Invitational)	@ TBD	TBD		TBD	Departure Time: 8:30 AM	L
Sep 23, 2025	Tue	Regular Season	Fabius-Pompey, TBD	4:30 PM	6:00 PM	Cross Country Trail		L
Sep 27, 2025	Sat	Regular Season (McQuaid Invitational)	@ TBD	TBD		TBD	Departure Time: 6:00 AM	L
Oct 1, 2025	Wed	Regular Season	Cincinnatus @ Tully	4:30 PM	6:00 PM	Tully XC Course	Departure Time: 3:00 PM	L
Oct 11, 2025	Sat	Regular Season (Manhattan Cross Country )	@ TBD	9:30 AM	6:00 PM	TBD		L
Oct 15, 2025	Wed	Regular Season	DeRuyter, Faith Heritage	4:30 PM	6:00 PM	Cross Country Trail		L
Oct 18, 2025	Sat	Meet (Marcellus XC Invitational)	Vs. Multiple	9:00 AM	2:00 PM	Marcellus Park	Departure Time: 8:00 AM	NL
Oct 22, 2025	Wed	Regular Season	Manlius Pebble Hill @ LaFayette	4:30 PM	6:00 PM	LaFayette H S Stadium	Departure Time: 3:00 PM	L
Oct 29, 2025	Wed	Meet (OHSL League Meet at Tully )	Vs. Multiple	4:30 PM	7:00 PM	Tully XC Course		NL
Nov 8, 2025	Sat	Post-Season (Section 3 Meet @ Mount Markham )	@ TBD	9:30 AM	6:00 PM	TBD	Departure Time: 6:45 AM	L

