



# Phoenix

## (G) V Cross Country

### Coaches:

- Carman Myers

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 4, 2025	Thu	Practice	N/A	3:30 PM		Longbranch Park	<b>Departure Point:</b> JCB <b>Departure Time:</b> 3:00 PM	
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, 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	<b>Departure Point:</b> EJD <b>Departure Time:</b> 7:00 AM	NL
Sep 10, 2025	Wed	Practice	N/A	3:30 PM		Reed-Webster Park	<b>Departure Point:</b> JCB <b>Departure Time:</b> 3:00 PM	
Sep 13, 2025	Sat	Regular Season (Queensbury Invy)	Schenectady High School, Auburn, Shaker High School, Lake George, Monticello, Niskayuna High School, Tully, Greenville, Colonie High School, Roy C Ketcham/ Wappingers JHS, Central Valley Academy, Chatham, Broadalbin-Perth, Shenendehowa High School, South Lewis, Hudson Falls @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Point:</b> EJD <b>Departure Time:</b> 7:00 AM	NL
Sep 17, 2025	Wed	Regular Season (Marcellus vs Phoenix; Westhill vs Homer)	Westhill, Homer @ Marcellus	4:30 PM	6:30 PM	Marcellus Park	<b>Departure Point:</b> EJD <b>Departure Time:</b> 3:00 PM	L

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Sep 18, 2025	Thu	Practice	N/A	3:30 PM		Longbranch Park	Departure Point: JCB Departure Time: 3:00 PM	
Sep 20, 2025	Sat	Regular Season	@ TBD	TBD		Bville - Durgee Cross Country Trail	Departure Point: EJD Departure Time: 8:00 AM	L
Sep 24, 2025	Wed	Regular Season	Cortland, Cazenovia @ Mexico	4:30 PM		Mexico MS-XC Trail	Departure Point: EJD Departure Time: 3:00 PM	L
CANCELLED Sep 27, 2025	Sat	Practice	N/A	9:00 AM		Green Lakes	Departure Point: JCB Departure Time: 8:30 AM	
Oct 1, 2025	Wed	Regular Season	Jordan-Elbridge, Westhill, Chittenango	4:30 PM	6:30 PM	EJD XC Course		L
Oct 2, 2025	Thu	Practice	N/A	3:30 PM		Longbranch Park	Departure Point: JCB Departure Time: 3:00 PM	
Oct 4, 2025	Sat	Meet (Tully XC Invite )	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course	Departure Point: EJD Departure Time: 7:30 AM	NL
Oct 8, 2025	Wed	Regular Season (Westhill vs Mexico; Skan vs Phoenix)	Mexico, Skaneateles @ Westhill	4:30 PM		Santaro Park	Departure Point: EJD Departure Time: 3:00 PM	L
Oct 18, 2025	Sat	Meet (Marcellus XC Invitational)	Vs. Multiple	9:00 AM	2:00 PM	Marcellus Park	Departure Point: EJD Departure Time: 7:45 AM	NL
Oct 20, 2025	Mon	Practice	N/A	3:30 PM		Longbranch Park	Departure Point: JCB Departure Time: 3:00 PM	
Oct 22, 2025	Wed	Regular Season	Chittenango, Christian Brothers Academy, Dewitt @ Solvay	4:30 PM		Longbranch Park	Departure Point: EJD Departure Time: 3:00 PM	L
Oct 27, 2025	Mon	Practice	N/A	3:30 PM		Reed-Webster Park	Departure Point: JCB Departure Time: 3:00 PM	
Oct 29, 2025	Wed	Regular Season	@ Marcellus	4:30 PM	6:30 PM	Marcellus Park	Departure Point: JCB Departure Time: 2:45 PM	L
Oct 30, 2025	Thu	Practice	N/A	3:30 PM		Clay Park South	Departure Point: JCB Departure Time: 3:00 PM	
Nov 3, 2025	Mon	Practice	N/A	3:30 PM		Van Buren Park	Departure Point: JCB Departure Time: 3:00 PM	
Nov 5, 2025	Wed	Practice	N/A	3:30 PM		Longbranch Park	Departure Point: JCB Departure Time: 3:00 PM	

Date: 2025-12-13