



**Pulaski**  
**(B) V Cross Country**

**Coaches:**

- Josh Carguello, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Aug 28, 2019	Wed	Practice	N/A	8:00 AM	10:00 AM	Pulaski HS Track		
Aug 29, 2019	Thu	Practice	N/A	8:00 AM	10:00 AM	Selkirk State Park		
Aug 30, 2019	Fri	Practice (@ Green Lakes)	N/A	7:30 AM		TBD	<b>Departure Time:</b> 7:30 AM	
Sep 3, 2019	Tue	Practice	N/A	3:00 PM	5:00 PM	Pulaski H S		
Sep 4, 2019	Wed	Practice	N/A	3:00 PM	5:00 PM	Pulaski H S		
Sep 7, 2019	Sat	Regular Season	@ Vernon-Verona-Sherrill	11:00 AM		Cross Country Course	<b>Departure Time:</b> 8:30 AM	L
Sep 11, 2019	Wed	Regular Season	Bishop Grimes, Faith Heritage, Manlius Pebble Hill	4:30 PM		Selkirk State Park		L
Sep 18, 2019	Wed	Regular Season	Tully @ Weedsport	4:30 PM		Weedsport Jr.-Sr. High School	<b>Departure Time:</b> 2:15 PM	L
Sep 21, 2019	Sat	Regular Season (B'ville Invite)	@ TBD	11:15 AM		Bville - Durgee Cross Country Trail		L
Sep 25, 2019	Wed	Regular Season	Port Byron (Port Byron/Union Springs), LaFayette	4:30 PM		Selkirk State Park		L
Sep 28, 2019	Sat	Regular Season (EJ Herrmann Invite)	@ TBD	10:10 AM		Proctor Park	<b>Departure Time:</b> 6:45 AM	L
Oct 2, 2019	Wed	Regular Season	@ Fabius-Pompey	4:30 PM		Highland Forest	<b>Departure Time:</b> 2:15 PM	L
Oct 9, 2019	Wed	Regular Season	Onondaga Central @ Cato-Meridian (Blue Devils)	4:30 PM		Cato-Meridian Jr. Sr H S Gym	<b>Departure Time:</b> 2:30 PM	L
Oct 12, 2019	Sat	Regular Season (Beaver River Invite)	@ TBD	11:40 AM		Beaver River H S	<b>Departure Time:</b> 7:15 AM	L
Oct 23, 2019	Wed	Post-Season (Patriot Meet (Leagues))	@ TBD	4:00 PM		TBD		L
Oct 23, 2019	Wed	Regular Season (League Meet)	Port Byron (Port Byron/Union Springs), Weedsport, Bishop Grimes, Bishop Ludden, Onondaga Central, Faith Heritage, LaFayette, Fabius-Pompey, Manlius Pebble Hill, Tully @ Cato-Meridian (Blue Devils)	5:00 PM		Cato-Meridian Jr. Sr H S Gym		L
Oct 26, 2019	Sat	Meet (The John Bernard (Adirondack) XC Invitational)	Vs. Multiple	9:00 AM	1:30 PM	Adirondack HS		NL
Oct 26, 2019	Sat	Regular Season (Adirondack Invitational)	@ TBD	TBD		Adirondack HS	<b>Departure Time:</b> 6:30 AM	L

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Nov 9, 2019	Sat	Post-Season (Sectional Meet)	@ TBD	11:00 AM		Cross Country Course		L

Date: 2026-01-20