



• Michelle Rauber, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero- North Syracuse, DeRuyter, Dolgeville, Fabius- Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen (Remsen/Town of Webb), Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Vernon- Verona-Sherrill, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL
Sep 14, 2024	Sat	Regular Season (ESM Invite)	@ TBD	9:30 AM		ESM Kirkville Rd. Field	Departure Time: 7:15 AM	NL
Sep 18, 2024	Wed	Scrimmage	Bishop Ludden, Fabius-Pompey, LaFayette, Cincinnatus, DeRuyter, Weedsport, Bishop Grimes, Syracuse Academy of Science, Faith Heritage	4:30 PM	6:30 PM	Tully XC Course		NL
Sep 21, 2024	Sat	Regular Season		10:00 AM	2:00 PM	Bville - Durgee Cross Country Trail	Departure Time: 8:00 AM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 24, 2024	Tue	Regular Season	Faith Heritage @ Manlius Pebble Hill	4:30 PM	6:00 PM	Manlius Pebble Hill School	Departure Time: 3:15 PM	L
Oct 2, 2024	Wed	Regular Season	Onondaga Central @ Cincinnatus	4:30 PM		Cincinnatus XC course on Fireman's Field 2647 Route 26 Cincinnatus, NY 13040	Departure Time: 2:45 PM	L
Oct 5, 2024	Sat	Meet (Tully XC Invite)	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course		NL
Oct 12, 2024	Sat	Regular Season	@ Vernon-Verona- Sherrill	9:00 AM		Cross Country Course	Departure Time: 6:30 AM	NL
Oct 16, 2024	Wed	Regular Season	@ LaFayette	4:30 PM		LaFayette H S Stadium	Departure Time: 3:15 PM	L
Oct 19, 2024	Sat	Meet (Marcellus Invitational)	Vs. Multiple	9:00 AM		Marcellus Park		NL
Oct 23, 2024	Wed	Regular Season	Fabius-Pompey, DeRuyter	4:30 PM	6:30 PM	Tully XC Course		L
Oct 30, 2024	Wed	Regular Season (XC League Meet)	TBD	4:30 PM	6:30 PM	Tully XC Course		NL
Nov 9, 2024	Sat	Post-Season (Section 3 Championships	@ Mount Markham	10:00 AM		HS Track	Departure Time: 7:30 AM	NL

Date: 2024-09-18