

Coaches:

- Nate Balcom
- Sandra Randall

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 14, 2022	Wed	Regular Season	Tully, DeRuyter @ Cincinnatus	4:30 PM		Cincinnatus XC course on Fireman's Field 2647 Route 26 Cincinnatus, NY 13040			L
Sep 21, 2022	Wed	Regular Season	Onondaga Central, Cincinnatus @ LaFayette	4:30 PM		LaFayette H S Stadium	Bus/Driver: Cincinnatus Central School	Departure Point: Cincinnatus Central School Departure Time: 3:00 PM	L
Sep 24, 2022	Sat	Practice (INVITATIONAL at Owego Free Academy)	N/A	9:00 AM		TBD	Bus/Driver: Cincinnatus Central School	Departure Point: Cincinnatus Departure Time: 7:15 AM	
Sep 28, 2022	Wed	Regular Season	Cincinnatus, Bishop Ludden @ Cato-Meridian (Blue Devils)	4:30 PM		Cato-Meridian Cross Country Course	Bus/Driver: Cincinnatus Central School	Departure Point: Cincinnatus Central School Departure Time: 2:15 PM	L
Oct 5, 2022	Wed	Regular Season	Fabius- Pompey, TBD	4:30 PM		Cincinnatus XC course on Fireman's Field 2647 Route 26 Cincinnatus, NY 13040			NL
Oct 7, 2022	Fri	Practice (INVITATIONAL at Norwich High School)	N/A	3:45 PM		TBD	Bus/Driver: Cincinnatus Central School Class Dismissal: 2:30 PM	Departure Point: Cincinnatus Departure Time: 2:45 PM	
Oct 12, 2022	Wed	Regular Season	Tully @ Jordan- Elbridge	4:30 PM		JE HS Cross Country Course	Bus/Driver: Cincinnatus Central School	Departure Point: Cincinnatus Central School Departure Time: 2:00 PM	NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 15, 2022	Sat	Regular Season	Westhill, Altmar- Parish- Williamstown (APW Rebels), Bishop Grimes, Cicero-North Syracuse, East Syracuse Minoa, Fayetteville- Manlius, Fulton, Jamesville- Dewitt, Liverpool, Mexico, Manlius Pebble Hill, Notre Dame, Utica, Oneida, Sandy Creek, South Jefferson, Trumansburg, West Genesee, Sauquoit Valley, Whitesboro, Chittenango @ Tully			Tully XC Course			NL
Oct 15, 2022	Sat	Practice (INVITATIONAL at Tully High School)	N/A	9:00 AM		TBD		Departure Point: Cincinnatus Departure Time: 7:45 AM	
Oct 19, 2022	Wed	Regular Season	Skaneateles @ Cazenovia			Cazenovia Googin/Fenner X-C Course	Cincinnatus	Departure Point: Cincinnatus Departure Time: 3:00 PM	L
Oct 25, 2022	Tue	Practice (MEET (OHSL League Meet) at Cato Meridian Cross Country Course)	N/A	4:00 PM	7:00 PM	TBD		Departure Point: Cincinnatus Departure Time: 2:00 PM	
TBD		Practice (INVITATIONAL at Tully)	. N/A	TBD		TBD			

Date: 2024-07-17