



Jamesville-Dewitt

(G) V Cross Country

Coaches:

- Nancy Raicht, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Aug 22, 2022	Mon	Practice (1st practice)	N/A	9:00 AM	11:45 AM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM
Aug 23, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	JD HS Stadium	
Aug 24, 2022	Wed	Practice	N/A	9:00 AM	11:45 AM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM
Aug 25, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	JD HS Stadium	
Aug 26, 2022	Fri	Practice	N/A	9:00 AM	11:45 AM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM
Aug 29, 2022	Mon	Practice	N/A	9:00 AM	11:45 AM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM
Aug 30, 2022	Tue	Practice	N/A	9:00 AM	11:00 AM	JD HS Stadium	
Aug 31, 2022	Wed	Practice	N/A	9:00 AM	11:45 AM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 9:00 AM Return Date: Return Time: 11:45 AM
Sep 1, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	JD HS Stadium	
Sep 2, 2022	Fri	Practice	N/A	11:00 AM	1:00 PM	JD HS Stadium	
Sep 6, 2022	Tue	Practice (1st Day of School 2022-2023!!!)	N/A	3:15 PM	5:15 PM	JD HS Stadium	
Sep 7, 2022	Wed	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM
Sep 8, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 9, 2022	Fri	Practice	N/A	3:15 PM	5:00 PM	JD HS Stadium		
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym	NL
Sep 12, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Sep 13, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Sep 14, 2022	Wed	Regular Season (Race at 4:30pm)	@ Oswego	5:00 PM		Oswego Middle School Cross Country Trail	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Sep 15, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Sep 16, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Sep 17, 2022	Sat	Regular Season (ESM Invitational - race at 9:45 am)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym Departure Time: 7:00 AM	L
Sep 19, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Sep 20, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Sep 21, 2022	Wed	Regular Season	Cortland, Central Square	5:00 PM		JD HS Stadium		L
Sep 22, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Sep 23, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Sep 24, 2022	Sat	Regular Season (Bville Invite (races 12:30, 2:50))	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym Departure Time: 9:30 AM	NL
Sep 27, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Sep 28, 2022	Wed	Regular Season	Auburn @ Corcoran (Syracuse West)	5:00 PM		Corcoran Stadium	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L

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Sep 29, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Sep 30, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 3, 2022	Mon	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 4, 2022	Tue	Regular Season (Senior Night)	Fulton @ East Syracuse Minoa	5:00 PM		ESM Kirkville Rd. Field	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Oct 6, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Oct 7, 2022	Fri	Regular Season (Chittenango Invite-Race TBD)	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym	L
Oct 11, 2022	Tue	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Oct 12, 2022	Wed	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 13, 2022	Thu	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Oct 14, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 15, 2022	Sat	Regular Season	Auburn, Bishop Ludden, Camden, Cato-Meridian (Blue Devils), Central Square, C.J. Finney HS, Fairport, Henninger (Henninger), Jordan-Elbridge, Mynderse Academy, Oswego, Port Byron (Port Byron/Union Springs) @ Weedsport	8:30 AM		Weedsport Jr.-Sr. High School		L
Oct 15, 2022	Sat	Regular Season (Weedsport Invite (race 10:50 am))	@ TBD	TBD		TBD	Departure Point: JDHS Main Gym Departure Time: 7:15 AM	NL

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Oct 17, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Oct 18, 2022	Tue	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 19, 2022	Wed	Post-Season (SCAC League Meet)	Liverpool, Cicero-North Syracuse, Nottingham (Nottingham), Henninger (Henninger), Fayetteville-Manlius, West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Cortland, Corcoran (Syracuse West) @ Baldwinsville	4:30 PM	6:30 PM	Bville - Durgie Cross Country Trail, Bville - Durgie JHS Gym	Departure Point: JDHS Main Gym Departure Time: 3:00 PM	L
Oct 20, 2022	Thu	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 21, 2022	Fri	Practice	N/A	3:15 PM	5:15 PM	JD HS Stadium		
Oct 24, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Oct 31, 2022	Mon	Practice	N/A	4:00 PM	6:00 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 4:00 PM Return Date: Return Time: 6:00 PM	
Nov 5, 2022	Sat	Post-Season (Section 3 Finals at VVS - Class B Girls 2pm)	@ TBD	2:00 PM		VVS High School	Departure Point: JDHS Main Gym Departure Time: 10:15 AM	NL
Nov 7, 2022	Mon	Practice	N/A	3:15 PM	5:45 PM	Green Lakes State Park	Departure Point: JDHS Main Gym Departure Time: 3:15 PM Return Date: Return Time: 5:45 PM	
Nov 12, 2022	Sat	Post-Season (NYSPHSAA Final at VVS HS)	@ TBD	TBD		VVS High School	Departure Point: JDHS Main Gym	NL
Nov 16, 2022	Wed	Practice (Post Season Coach Mgt at VVS)	N/A	6:30 PM		VVS High School		

Date: 2024-07-17