Coaches:

• Emily Rowles, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 11, 2024	Wed	Regular Season	@ Nottingham (Nottingham)	4:30 PM	6:30 PM	Nottingham Cross Country		L
Sep 18, 2024	Wed	Regular Season	@ Central Square	4:30 PM		CS: MHE XC Course		L
Sep 25, 2024	Wed	Regular Season	East Syracuse Minoa, Fulton	4:30 PM		JD HS Stadium		L
Oct 2, 2024	Wed	Regular Season	Oswego, Auburn	4:30 PM		JD HS Stadium		L
Oct 9, 2024	Wed	Regular Season	Baldwinsville	4:30 PM		JD HS Stadium		L
Oct 23, 2024	Wed	Regular Season (SCAC Championships @ TBD)	Cicero-North Syracuse, Liverpool, Fayetteville- Manlius, Fulton, Auburn, East Syracuse Minoa, Central Square, Nottingham (Nottingham), Oswego, Corcoran (Syracuse West), Henninger (Henninger), West Genesee @ Baldwinsville	4:30	5:00 PM	TBD		L

Date: 2024-07-18