

Coaches:

• Gregory Hamilton

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION /	EAGUE NON- EAGUE
Aug 28, 2024	Wed	Practice (Practice at LMS; Meet at flagpole)	N/A	8:00 AM	9:30 AM	TBD		
Aug 29, 2024	Thu	Practice (Practice at LMS; Meet at flagpole)	N/A	8:00 AM	9:30 AM	TBD		
Aug 30, 2024	Fri	Practice (Practice at LMS; Meet at flagpole)	N/A	8:00 AM	9:30 AM	TBD		
Sep 3, 2024	Tue	Practice (Practice at LMS; Meet at flagpole)	N/A	3:30 PM	5:15 PM	TBD		
Sep 4, 2024	Wed	Practice (Practice at LMS; Meet at flagpole)	N/A	3:30 PM	5:15 PM	TBD		
Sep 5, 2024	Thu	Practice (Practice at LMS; Meet at flagpole)	N/A	3:30 PM	5:15 PM	TBD		
Sep 6, 2024	Fri	Practice (Practice at LMS; Meet at flagpole)	N/A	3:30 PM	5:15 PM	TBD		
Sep 9, 2024	Mon	Practice (Practice at LMS)	N/A	3:30 PM	5:15 PM	TBD		
Sep 10, 2024	Tue	Practice (Practice at LMS)		3:30 PM	5:15 PM	TBD		
Sep 12, 2024	Thu	Practice (Practice at LMS)		3:30 PM	5:15 PM	TBD		
Sep 13, 2024	Fri	Practice (Practice at LMS)	N/A	3:30 PM	5:15 PM	TBD		
Sep 14, 2024	Sat	Regular Season (ESM Invite)	TBD	8:00 AM		Pine Grove MS	L	
Sep 17, 2024	Tue	Regular Season	Corcoran (Syracuse West)	4:45 PM		Liverpool Long Branch Park	L	
Sep 17, 2024	Tue	Regular Season	West Genesee, Corcoran (Syracuse West)	5:30 PM		Liverpool Long Branch Park	L	
Sep 25, 2024	Wed	Regular Season	@ Baldwinsville	5:45 PM	6:00 PM	Bville - Durgee Cross Country Trail	L	
Oct 2, 2024	Wed	Regular Season	Fayetteville-Manlius	4:45 PM		Liverpool Long Branch Park	L	
POSTPONED Oct 16, 2024	Wed	Regular Season	Henninger	5:45 PM		Liverpool Long Branch Park	L	
Oct 19, 2024	Sat	Regular Season (Marcellus XC Invitational)	TBD	TBD		Marcellus Park	L	

Date: 2024-09-27