

Coaches:

• Todd Bauer, Head Coach

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON- LEAGUE |
|--------------|-------------|---|------------------------------------|---------------|-------------|----------------------------|----------------|----------------------------|
| Sep 15, 2023 | Fri | Regular Season (VVS Invitational) | Westmoreland | 4:00 PM | 8:30 PM | Cross Country Course | | L |
| Sep 15, 2023 | Fri | Regular Season (Invitational) | Homer | 4:15 PM | | Cross Country Course | | L |
| Sep 15, 2023 | Fri | Regular Season | Nottingham (Nottingham) | 4:15 PM | 6:00 PM | Cross Country Course | | L |
| Sep 15, 2023 | Fri | Regular Season (VVS Invite) | Tully | 4:30 PM | | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season (VVS Cross Country Invitational) | Sherburne- Earlville | 8:00 AM | | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season (VVS Invitational) | Notre Dame, Utica | 8:30 AM | | Cross Country Course | | L |
| Sep 16, 2023 | Sat | Regular Season | Candor (Candor) | 8:30 AM | | Cross Country Course | | L |
| Sep 16, 2023 | Sat | Regular Season (Vernon- Verona-Sherrill Invitational) | Remsen (Remsen/Town of Webb) | 8:30 AM | | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season (18th Annual VVS Cross Country Invitational) | Central Valley Academy | 9:00 AM | 3:30 PM | Cross Country Course | | L |
| Sep 16, 2023 | Sat | Regular Season (V-V-S Invitational) | Glens Falls | 9:00 AM | | Cross Country Course | | L |
| Sep 16, 2023 | Sat | Regular Season (VVS Invite) | Jordan-Elbridge | 9:00 AM | 3:30 PM | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season | Adirondack | 9:00 AM | 3:30 PM | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season | South Lewis | 9:00 AM | 3:30 PM | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season (VVS Invite) | Sandy Creek | 9:00 AM | 12:00 PM | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season | Mexico | 9:00 AM | 2:00 PM | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season (Invitational) | Beaver River | 10:00 AM | | Cross Country Course | | NL |
| Sep 16, 2023 | Sat | Regular Season (Invitational) | Auburn | 10:30 AM | | Cross Country Course | | L |
| Sep 16, 2023 | Sat | Regular Season (VVS Invitational) | Weedsport | 11:10 AM | | Cross Country Course | | NL |

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| Sep 16, 2023 | Sat | Regular Season | Phoenix | TBD | | Cross Country Course | L |
| Sep 16, 2023 | Sat | Regular Season (VVS Invitational) | Clinton | TBD | | Cross Country Course | L |
| Sep 16, 2023 | Sat | Regular Season | LaFayette | TBD | 12:00 PM | Cross Country Course | NL |
| Sep 16, 2023 | Sat | Regular Season (18th Annual VVS Invitational) | Port Byron (Port Byron/Union Springs) | TBD | | Turf Field Stadium | NL |
| Oct 10, 2023 | Tue | Regular Season | Central Valley Academy, Oneida | 4:00 PM | | Cross Country Course | L |
| Nov 4, 2023 | Sat | Post-Season | South Lewis | 9:00 AM | | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Regular Season (Section 3 finals) | Central Valley Academy | 9:00 AM | 3:30 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Regular Season (Section 3 finals) | Holland Patent | 9:00 AM | 12:00 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Regular Season (Section 3 finals) | Utica Proctor | 9:00 AM | 3:30 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Regular Season (Section 3 finals) | Oneida | 9:00 AM | 3:30 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Post-Season (Sectional Championships) | Little Falls | 9:00 AM | | Cross Country Course | L |
| Nov 4, 2023 | Sat | Post-Season (Section 3 Finals) | Whitesboro | 9:00 AM | 12:00 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Post-Season (Cross- Country Sectionals @ VVS High School) | Waterville | 9:00 AM | 3:00 PM | Cross Country Course | L |
| Nov 4, 2023 | Sat | Post-Season (Class D Sectional Championships) | Remsen (Remsen/Town of Webb) | 9:00 AM | | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Regular Season (Section 3 Finals) | New Hartford | 9:00 AM | 3:30 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Regular Season (NYS Championships) | Homer | 9:00 AM | | Cross Country Course | L |
| Nov 4, 2023 | Sat | Regular Season (Section 3 finals) | Notre Dame, Utica | 9:00 AM | 3:30 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Post-Season (Section 3 Championship @ VVS HS) | Sandy Creek | 10:00 AM | 3:30 PM | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Post-Season (Section 3 Championships) | Cooperstown | 10:00 AM | | Cross Country Course | NL |
| Nov 4, 2023 | Sat | Post-Season (Section 3 Championship) | Camden | 1:40 PM | | Cross Country Course | L |

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| Nov 4, 2023 | Sat | Regular Season (Sectionals) | Phoenix | TBD | | Cross Country Course | | L |
| Nov 4, 2023 | Sat | Regular Season (Section III Championships) | Clinton | TBD | | Cross Country Course | | L |
| Nov 4, 2023 | Sat | Post-Season (Section Meet - Class B) | Jamesville-Dewitt | TBD | | Cross Country Course | | L |
| Nov 6, 2023 | Mon | Practice | N/A | 2:30 PM | 4:30 PM | VVS Volleyball Gym | | |
| Nov 8, 2023 | Wed | Practice | N/A | 2:30 PM | 4:30 PM | VVS Volleyball Gym | | |
| Nov 9, 2023 | Thu | Practice | N/A | 2:30 PM | 10:00 PM | VVS Volleyball Gym | | |
| Nov 10, 2023 | Fri | Practice | N/A | 2:30 PM | 10:00 PM | VVS Volleyball Gym | | |
| Nov 11, 2023 | Sat | Post-Season | South Lewis | 9:00 AM | 3:30 PM | Cross Country Course | | NL |
| Nov 11, 2023 | Sat | Regular Season (NYSPHSAA State Championships) | Moravia | 9:00 AM | 12:00 PM | Cross Country Course | | L |
| Nov 11, 2023 | Sat | Practice | N/A | 2:30 PM | 10:00 PM | VVS Volleyball Gym | | |
| Nov 11, 2023 | Sat | Post-Season (NYSPHSAA Championships) | Trumansburg | TBD | | Cross Country Course | | L |

Date: 2024-04-09