



# Vernon-Verona-Sherrill

## (G) V Cross Country

### Coaches:

- Todd Bauer, Head Coach

| DATE         | WEEK DAY | TYPE                                                        | OPPONENTS               | START TIME | END TIME | LOCATION             | TRANSPORTATION                                                             | LEAGUE / NON-LEAGUE |
|--------------|----------|-------------------------------------------------------------|-------------------------|------------|----------|----------------------|----------------------------------------------------------------------------|---------------------|
| Sep 9, 2023  | Sat      | Regular Season (New Hartford Invitational)                  | @ TBD                   | 9:00 AM    |          | TBD                  | <b>Departure Date:</b><br>Sep 9, 2023<br><b>Departure Time:</b><br>7:00 AM | L                   |
| 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                                              | Nottingham (Nottingham) | 4:15 PM    | 6:00 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 (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 (Vernon-Verona-Sherrill Invitational)        | Remsen                  | 8:30 AM    |          | Cross Country Course |                                                                            | NL                  |
| Sep 16, 2023 | Sat      | Regular Season                                              | Candor (Candor)         | 8:30 AM    |          | Cross Country Course |                                                                            | L                   |
| Sep 16, 2023 | Sat      | Regular Season                                              | Adirondack              | 9:00 AM    | 3:30 PM  | Cross Country Course |                                                                            | NL                  |
| 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                                              | Mexico                  | 9:00 AM    | 2:00 PM  | 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                                              | South Lewis             | 9:00 AM    | 3:30 PM  | Cross Country Course |                                                                            | NL                  |
| 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 (VVS Invite)                                 | Sandy Creek             | 9:00 AM    | 12:00 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                   |

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|--------------|----------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------|----------|--------------------------------|-----------------------------------------------------------------------|---------------------|
| Sep 16, 2023 | Sat      | Regular Season (VVS Invitational )                          | Weedsport                                                                                                                              | 11:10 AM   |          | Cross Country Course           |                                                                       | NL                  |
| 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 (18th Annual VVS Invitational)               | Port Byron (Port Byron/Union Springs)                                                                                                  | TBD        |          | Turf Field Stadium             |                                                                       | NL                  |
| Sep 16, 2023 | Sat      | Regular Season                                              | LaFayette                                                                                                                              | TBD        | 12:00 PM | Cross Country Course           |                                                                       | NL                  |
| Sep 19, 2023 | Tue      | Regular Season                                              | New Hartford @ Holland Patent                                                                                                          | 4:30 PM    |          | Holland Patent HS              | <b>Departure Time:</b> 2:30 PM                                        | L                   |
| Sep 23, 2023 | Sat      | Regular Season (Queensbury invitational)                    | @ TBD                                                                                                                                  | 9:00 AM    |          | TBD                            | <b>Departure Date:</b> Sep 23, 2023<br><b>Departure Time:</b> 5:30 AM | L                   |
| Sep 26, 2023 | Tue      | Regular Season                                              | Rome Free Academy @ Camden                                                                                                             | 4:00 PM    |          | Osceola Ski and Sport Resort   | <b>Departure Time:</b> 2:30 PM                                        | L                   |
| Sep 30, 2023 | Sat      | Regular Season (Invitational at McQuaid Jesuit - Rochester) | @ TBD                                                                                                                                  | 9:00 AM    |          | TBD                            | <b>Departure Date:</b> Sep 30, 2023<br><b>Departure Time:</b> 5:30 AM | L                   |
| Oct 3, 2023  | Tue      | Regular Season                                              | Notre Dame, Utica, Utica Proctor @ Whitesboro                                                                                          | 4:00 PM    |          | Deerfield Town Wilderness Park | <b>Departure Time:</b> 2:30 PM                                        | L                   |
| Oct 10, 2023 | Tue      | Regular Season                                              | Central Valley Academy, Oneida                                                                                                         | 4:00 PM    |          | Cross Country Course           |                                                                       | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Marathon invitational )                     | @ TBD                                                                                                                                  | 9:00 AM    |          | TBD                            | <b>Departure Date:</b> Oct 14, 2023<br><b>Departure Time:</b> 6:45 AM | L                   |
| Oct 21, 2023 | Sat      | Regular Season (TVL League Championship)                    | Rome Free Academy, Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Utica Proctor, Oneida @ Holland Patent | 11:10 AM   | 4:00 PM  | HS Stadium / Track             |                                                                       | L                   |
| Oct 28, 2023 | Sat      | Regular Season (Adirondack Invitational)                    | @ TBD                                                                                                                                  | 9:00 AM    |          | TBD                            | <b>Departure Date:</b> Oct 28, 2023<br><b>Departure Time:</b> 7:15 AM | L                   |
| 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      | Regular Season (Section 3 finals)                           | Central Valley Academy                                                                                                                 | 9:00 AM    | 3:30 PM  | Cross Country Course           |                                                                       | NL                  |

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| 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 (Cross-Country Sectionals @ VVS High School) | Waterville        | 9:00 AM    | 3:00 PM  | Cross Country Course |                | L                   |
| Nov 4, 2023  | Sat      | Post-Season                                              | South Lewis       | 9:00 AM    |          | Cross Country Course |                | NL                  |
| Nov 4, 2023  | Sat      | Post-Season (Section 3 Finals)                           | Whitesboro        | 9:00 AM    | 12:00 PM | Cross Country Course |                | NL                  |
| Nov 4, 2023  | Sat      | Post-Season (Class D Sectional Championships)            | Remsen            | 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      | Post-Season (Section 3 Championships)                    | Cooperstown       | 10:00 AM   |          | 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 Championship)                     | Camden            | 1:40 PM    |          | 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 4, 2023  | Sat      | Regular Season (Sectionals)                              | Phoenix           | 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                  |

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| 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: 2025-12-05