



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
Aug 26, 2024	Mon	Practice	N/A	8:00 AM	10:00 AM	Track, Cross Country Course		
Aug 27, 2024	Tue	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary		
Aug 27, 2024	Tue	Practice	N/A	6:00 PM	7:30 PM	Cross Country Course, Track		
Aug 28, 2024	Wed	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 29, 2024	Thu	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 29, 2024	Thu	Practice	N/A	6:00 PM	7:30 PM	Cross Country Course, Track		
Aug 30, 2024	Fri	Practice	N/A	8:00 AM	10:00 AM	Track, Cross Country Course		
Aug 31, 2024	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Sep 5, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		
Sep 6, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2024	Sat	Regular Season (Mustang Invitational)	TBD, Adirondack, Auburn, Beaver River, Canastota, Cato-Meridian (Blue Devils), Cazenovia, Christian Brothers Academy, Dewitt, Central Square, Central Valley Academy, Chittenango, Clinton, Cicero-North Syracuse, DeRuyter, Dolgeville, Fabius-Pompey, Fayetteville-Manlius, Holland Patent, Homer, Indian River, Jamesville-Dewitt, Jordan-Elbridge, Liverpool, Marcellus, Mexico, New Hartford, Notre Dame, Utica, Nottingham (Nottingham), Oneida, Onondaga Central, Phoenix, Utica Proctor, Pulaski, Remsen, Rome Free Academy, Skaneateles, South Lewis, South Jefferson, Tully, Watertown, Whitesboro, Waterville, Weedsport, West Genesee, Westmoreland @ Mount Markham	8:00 AM	12:00 PM	HS Track		NL
Sep 9, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		
Sep 10, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		
Sep 11, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		
Sep 12, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Sep 13, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course, Track		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen, Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Ballston Spa High School, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	Departure Time: 6:30 PM	NL
Sep 16, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	Verona Elementary		
Sep 17, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Sep 20, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Sep 23, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	Verona Elementary		
Sep 24, 2024	Tue	Regular Season	New Hartford @ Utica Proctor	4:00 PM		Proctor Park	Departure Time: 2:30 PM	L
Sep 25, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Sep 26, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Sherrill Elementary		
Sep 27, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Sep 28, 2024	Sat	Regular Season	@ McQuaid Jesuit	9:00 AM		TBD	Departure Time: 7:30 AM	NL
Sep 30, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	Track		
Oct 2, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Verona Elementary		
Oct 2, 2024	Wed	Regular Season	Rome Free Academy @ Camden	4:30 PM		Osceola Ski and Sport Resort	Departure Time: 2:30 PM	L
Oct 3, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Sherrill Elementary		
Oct 4, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Oct 7, 2024	Mon	Practice	N/A	3:00 PM	5:15 PM	Verona Elementary		
Oct 8, 2024	Tue	Regular Season	Notre Dame, Utica, Whitesboro @ Holland Patent	4:30 PM	6:30 PM	Holland Patent HS	Departure Time: 2:30 PM	L
Oct 9, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 10, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Sherrill Elementary		
Oct 11, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Bishop Ludden	8:30 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invite)	Sandy Creek	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (Vernon-Verona-Sherrill Invitational)	Remsen	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season	Tully	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season	TBD	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Mount Markham	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Clinton	9:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Phoenix	10:00 AM		Cross Country Course		NL
Oct 12, 2024	Sat	Regular Season (VVS Invitational)	Homer	10:00 AM		Cross Country Course		L
Oct 15, 2024	Tue	Regular Season	Oneida, Central Valley Academy	4:30 PM		Cross Country Course		L
Oct 16, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 17, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Sherrill Elementary		
Oct 18, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Oct 22, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 25, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Oct 26, 2024	Sat	Regular Season (TVL Championship)	Rome Free Academy, Whitesboro, New Hartford, Utica Proctor, Holland Patent, Camden, Central Valley Academy, Oneida @ Notre Dame, Utica	12:45 PM		Proctor Park, Utica	Departure Time: 8:45 AM	L
Oct 28, 2024	Mon	Practice	N/A	3:15 PM	5:00 PM	Sherrill Elementary		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	Track, Cross Country Course		
Oct 29, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 30, 2024	Wed	Practice	N/A	3:10 PM	4:40 PM	Sherrill Elementary		
Oct 31, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	Track, Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 1, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Nov 2, 2024	Sat	Regular Season	@ Adirondack	9:00 AM	6:30 PM	Adirondack HS	Departure Time: 7:30 AM	NL
Nov 4, 2024	Mon	Practice	N/A	3:10 PM	4:40 PM	Sherrill Elementary		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Nov 5, 2024	Tue	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course, Track		
Nov 6, 2024	Wed	Practice	N/A	3:10 PM	4:40 PM	Sherrill Elementary		
Nov 7, 2024	Thu	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course, Track		
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Nov 8, 2024	Fri	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course, Track		
Nov 9, 2024	Sat	Post-Season (Sectionals at Mount Markham)	@ TBD	1:00 PM		TBD	Departure Time: 11:00 AM	NL
Nov 12, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Nov 15, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Track, Cross Country Course		
Nov 16, 2024	Sat	Post-Season (State Tournament in Queensbury NY)	@ TBD	TBD		TBD	Departure Date: Nov 15, 2024 Departure Time: 10:00 AM	NL

Date: 2025-12-19