



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 18, 2025	Mon	Practice	N/A	8:00 AM	10:00 PM	Track		
Aug 19, 2025	Tue	Practice	N/A	8:00 AM	10:00 AM	Verona Elementary		
Aug 20, 2025	Wed	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 20, 2025	Wed	Practice	N/A	6:00 PM	7:30 PM	Track		
Aug 21, 2025	Thu	Practice	N/A	8:00 AM	10:00 AM	Sherrill Elementary		
Aug 22, 2025	Fri	Practice	N/A	8:00 AM	10:00 AM	Track		
Aug 22, 2025	Fri	Practice	N/A	6:00 PM	7:30 PM	Track		
Aug 23, 2025	Sat	Practice	N/A	8:00 AM	10:00 AM	Vernon Elementary		
Sep 6, 2025	Sat	Regular Season (Mustang Invitational)	Remsen, Utica, Proctor, Auburn, Camden, Weedsport, Fayetteville-Manlius, Chittenango, Canastota, South Lewis, Jamesville-Dewitt, Cicero-North Syracuse, Onondaga Central, Jordan-Elbridge, Marcellus, Beaver River, Watertown, Pulaski, Baldwinsville, Indian River, Liverpool, Phoenix, West Genesee, Tully, New Hartford, Notre Dame, Utica, Holland Patent, Waterville, Clinton, Fabius-Pompey, Oneida, Cazenovia, Whitesboro, DeRuyter, Hamilton, Central Square, Guilderland High School, Nottingham (Nottingham), Central Valley Academy @ Mount Markham	8:00 AM		Mount Markham HS		NL
Sep 6, 2025	Sat	Regular Season (Mt. Markham Mustang Invite)	@ TBD	9:00 AM		TBD	Departure Time: 7:00 AM	L
Sep 8, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Sep 9, 2025	Tue	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		

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Sep 10, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Sep 11, 2025	Thu	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Sep 12, 2025	Fri	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Sep 13, 2025	Sat	Regular Season (New Hartford Invitational)	@ TBD	9:00 AM		TBD	Departure Time: 7:00 AM	L
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Rome Free Academy, Oneonta, Unadilla Valley (UV/GMU), Utica Proctor, New York Mills, Town of Webb UFSD, Camden, Adirondack, Central Valley Academy, DeRuyter, Edmeston (Edmeston/Morris), Herkimer, Holland Patent, Mount Markham, Notre Dame, Utica, Poland, Sauquoit Valley, Westmoreland, Whitesboro @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 15, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Verona Elementary		
Sep 16, 2025	Tue	Regular Season	Whitesboro @ Rome Free Academy	4:00 PM		RFA Cross Country Course	Departure Time: 3:00 PM	L
Sep 17, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Sep 18, 2025	Thu	Practice	N/A	TBD		Sherrill Elementary		
Sep 22, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Verona Elementary		
Sep 23, 2025	Tue	Regular Season	Utica Proctor, Oneida	4:00 PM		Cross Country Course		L
Sep 24, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Sep 25, 2025	Thu	Practice	N/A	TBD		Sherrill Elementary		
Sep 27, 2025	Sat	Regular Season (McQuaid invite)	@ McQuaid Jesuit	9:00 AM		TBD	Departure Time: 7:30 AM	L
Sep 29, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Verona Elementary		
Sep 30, 2025	Tue	Regular Season	New Hartford @ Holland Patent	4:00 PM		Holland Patent HS	Departure Time: 2:45 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 1, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Oct 2, 2025	Thu	Practice	N/A	TBD		Sherrill Elementary		
Oct 4, 2025	Sat	Meet (Tully XC Invite)	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course		NL
Oct 6, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Verona Elementary		
Oct 7, 2025	Tue	Regular Season	Central Valley Academy, Camden @ Notre Dame, Utica	4:00 PM		Proctor Park, Utica	Departure Time: 2:45 PM	L
Oct 9, 2025	Thu	Practice	N/A	TBD		Sherrill Elementary		
Oct 16, 2025	Thu	Practice	N/A	TBD		Sherrill Elementary		
Oct 18, 2025	Sat	Regular Season (VVS Invite)	Mount Markham	7:30 AM		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season (VVS Invite)	Clinton	9:00 AM		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season (VVS Cross Country Invitational)	Weedsport	9:00 AM		TBD		NL
Oct 18, 2025	Sat	Regular Season	South Lewis	9:00 AM	6:30 PM	Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season (VVS XC Invite)	Sandy Creek	10:00 AM		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season (VVS Invitational)	Mexico	10:00 AM		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season	New York Mills	TBD		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season (@ VVS Cross-Country Invitational)	Waterville	TBD		TBD		L
Oct 20, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Verona Elementary		
Oct 23, 2025	Thu	Practice	N/A	TBD		Sherrill Elementary		
Oct 25, 2025	Sat	Regular Season (TVL Invitational)	New Hartford, Camden, Oneida, Utica Proctor, Holland Patent, Whitesboro, Notre Dame, Utica, Rome Free Academy @ Central Valley Academy	11:00 AM		Diss Athletic Complex	Departure Time: 7:00 AM	L
Oct 27, 2025	Mon	Practice	N/A	3:10 PM	5:10 PM	Verona Elementary		
Nov 1, 2025	Sat	Regular Season (53rd Annual John Bernard (Adirondack) Cross Country Invitaional)	Indian River, Pulaski, McQuaid Jesuit, Notre Dame, Utica, DeRuyter, Clinton, West Canada Valley, Watertown, Hamilton @ Adirondack	9:00 AM		Adirondack HS		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 4, 2025	Tue	Practice	N/A	2:30 PM	4:30 PM	VVS Volleyball Gym		
Nov 5, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Nov 12, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		
Nov 19, 2025	Wed	Practice	N/A	3:10 PM	5:10 PM	Track, Cross Country Course		

Date: 2025-12-05