



Vernon-Verona-Sherrill

(G) 7/8TH Cross Country

Coaches:

- Danielle Jeffery

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2021	Tue	Practice	N/A	2:30 PM	4:30 PM	Cross Country Course		
Sep 8, 2021	Wed	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 9, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 10, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 13, 2021	Mon	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 14, 2021	Tue	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 15, 2021	Wed	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 16, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 17, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 18, 2021	Sat	Regular Season (Invite)	@ New Hartford	9:00 AM		Cross Country Course (Perry JH)	Departure Point: Sheveron Departure Time: 7:00 AM	L
Sep 20, 2021	Mon	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 21, 2021	Tue	Regular Season	Whitesboro @ Rome Free Academy	4:00 PM		RFA Cross Country Course	Departure Time: 2:30 PM	L
Sep 22, 2021	Wed	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 23, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 24, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 25, 2021	Sat	Regular Season (Invite)	@ TBD	9:00 AM	6:30 PM	Bville - Durgee Cross Country Trail	Departure Point: Sheveron Departure Time: 7:00 AM	L
Sep 27, 2021	Mon	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 28, 2021	Tue	Regular Season	Utica Proctor (JFK/DMS), Oneida	4:30 PM		Cross Country Course		L
Sep 29, 2021	Wed	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Sep 30, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 1, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 2, 2021	Sat	Regular Season (Invite)	@ McQuaid Jesuit	9:00 AM		TBD	Departure Point: Sheveron Departure Time: 6:00 AM	NL
Oct 4, 2021	Mon	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2021	Wed	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 7, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 8, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 11, 2021	Mon	Practice	N/A	4:30 PM	6:00 PM	Sherrill Elementary		
Oct 12, 2021	Tue	Regular Season	Camden @ Notre Dame, Utica	4:00 PM	TBD			L
Oct 13, 2021	Wed	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 14, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 15, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 16, 2021	Sat	Regular Season (Invite)	@ TBD	TBD	TBD		Departure Point: Sheveron	
							Departure Time: 7:00 AM	L
Oct 18, 2021	Mon	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 19, 2021	Tue	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 19, 2021	Tue	Regular Season	New Hartford @ Central Valley Academy	4:00 PM	TBD			L
Oct 21, 2021	Thu	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 22, 2021	Fri	Practice	N/A	2:30 PM	4:00 PM	Cross Country Course		
Oct 23, 2021	Sat	Regular Season (TVL Championship)	Utica Proctor (JFK/DMS), Rome Free Academy, Oneida, Notre Dame, Utica, New Hartford, Central Valley Academy, Camden, Whitesboro @ TBD	8:00 AM		Osceola Ski and Sport Resort	Departure Time: 8:00 AM	L

Date: 2026-01-23