



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 10, 2022	Sat	Regular Season (Pre States)	Beaver River	9:00 AM	12:00 PM	Cross Country Course		NL
Sep 20, 2022	Tue	Regular Season	Whitesboro, Camden @ Holland Patent	4:00 PM		HS Stadium / Track	Departure Date: Sep 20, 2022 Departure Time: 2:30 PM Return Date: Return Time: 8:00 PM	L
Sep 27, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Notre Dame, Utica, Holland Patent @ Central Valley Academy	4:00 PM		Diss Athletic Complex	Departure Date: Sep 27, 2022 Departure Time: 2:30 PM Return Date: Return Time: 7:00 PM	L
Oct 5, 2022	Wed	Regular Season (*Note VVS/Holland Patent will be Non League)	Holland Patent, New Hartford, Rome Free Academy	4:00 PM		Cross Country Course		L
Oct 11, 2022	Tue	Regular Season (*Note VVS/Holland Patent will be Non League)	Holland Patent, Utica Proctor (JFK/DMS) @ Oneida	4:00 PM		Cross Country Course	Departure Date: Oct 11, 2022 Departure Time: 3:00 PM Return Date: Return Time: 6:00 PM	L
Oct 22, 2022	Sat	Regular Season (TVL League championship)	Whitesboro, Camden, Holland Patent, Notre Dame, Utica, Oneida, Utica Proctor (JFK/DMS), Rome Free Academy, Central Valley Academy @ New Hartford	10:00 AM		Cross Country Course (Perry JH)	Departure Date: Oct 22, 2022 Departure Time: 8:00 AM Return Date: Return Time: 4:00 PM	L

Date: 2025-12-19