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
Aug 28, 2023	Mon	Practice (Practice)	N/A	8:00 AM	10:00 AM	Track		
Aug 29, 2023	Tue	Practice (Practice)	N/A	7:30 AM	9:00 AM	Track		
Aug 30, 2023	Wed	Practice (Practice)	N/A	8:00 AM	10:00 AM	Track		
Aug 31, 2023	Thu	Practice (Practice)	N/A	8:00 AM	10:00 AM	Track		
Sep 1, 2023	Fri	Practice (Practice)	N/A	8:00 AM	10:00 AM	Track		
Sep 4, 2023	Mon	Practice (Practice)	N/A	4:00 PM	5:30 PM	Track		
Sep 5, 2023	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Track		
Sep 6, 2023	Wed	Practice	N/A	3:15 PM	4:45 PM	Track		
Sep 7, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	Track		
Sep 8, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	Track		
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 18, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 19, 2023	Tue	Regular Season	New Hartford @ Holland Patent	4:30 PM		Holland Patent HS	**Departure Time:** 2:30 PM	L
Sep 20, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 21, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 22, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 23, 2023	Sat	Regular Season (Invitational)	@ TBD	9:00 AM		TBD	**Departure Point:** Sheveron **Departure Date:** Sep 23, 2023 **Departure Time:** 5:30 AM	L
Sep 25, 2023	Mon	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 26, 2023	Tue	Regular Season	Rome Free Academy @ Camden	4:00 PM		Osceola Ski and Sport Resort	**Departure Time:** 2:30 PM	L
Sep 27, 2023	Wed	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 28, 2023	Thu	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		
Sep 29, 2023	Fri	Practice (Practice)	N/A	3:00 PM	5:00 PM	TBD		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 30, 2023	Sat	Regular Season (Invitational)	@ TBD	9:00 AM		TBD	**Departure Point:** Sheveron **Departure Date:** Sep 30, 2023 **Departure Time:** 5:30 AM	L
Oct 3, 2023	Tue	Regular Season	Notre Dame, Utica, Utica Proctor (JFK/DMS) @ Whitesboro	4:00 PM		Deerfield Town Wilderness Park	**Departure Time:** 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 (Invitational)	@ TBD	9:00 AM		TBD	**Departure Point:** Sheveron **Departure Date:** Oct 14, 2023 **Departure Time:** 6:45 AM	L
Oct 21, 2023	Sat	Regular Season (TVL League Championship)	Whitesboro, Notre Dame, Utica, Camden, Central Valley Academy, New Hartford, Oneida, Rome Free Academy, Utica Proctor (JFK/DMS) @ Holland Patent	10:00 AM		HS Stadium / Track		L
Oct 28, 2023	Sat	Regular Season (Invitational)	@ TBD	9:00 AM		TBD	**Departure Point:** Sheveron **Departure Date:** Oct 28, 2023 **Departure Time:** 7:15 AM	L

Date: 2024-10-12