



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 27, 2025	Wed	Practice	N/A	8:00 AM	9:30 AM	Cross Country Course		
Aug 28, 2025	Thu	Practice	N/A	8:00 AM	9:30 AM	Cross Country Course		
Aug 29, 2025	Fri	Practice	N/A	8:00 AM	9:30 AM	Cross Country Course		
Sep 2, 2025	Tue	Practice	N/A	3:15 PM	5:00 PM	Cross Country Course		
Sep 3, 2025	Wed	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course		
Sep 4, 2025	Thu	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 5, 2025	Fri	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 6, 2025	Sat	Practice	N/A	8:00 AM	9:15 AM	Cross Country Course		
Sep 8, 2025	Mon	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 9, 2025	Tue	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 10, 2025	Wed	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 11, 2025	Thu	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 12, 2025	Fri	Practice	N/A	3:10 PM	4:30 PM	Cross Country Course		
Sep 13, 2025	Sat	Regular Season (NH INVITATIONAL)	Clinton, Utica Proctor (JFK/DMS), Camden, TBD, Adirondack, Central Valley Academy, DeRuyter, Herkimer, Notre Dame, Utica, Oneonta, Poland, Sauquoit Valley, Westmoreland, Whitesboro, Rome Free Academy @ New Hartford	9:00 AM		Cross Country Course (Perry JH)		NL
Sep 15, 2025	Mon	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 16, 2025	Tue	Regular Season	Whitesboro @ Rome Free Academy	4:00 PM		RFA Cross Country Course		L
Sep 17, 2025	Wed	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 18, 2025	Thu	Practice	N/A	3:10 PM	5:00 PM	Cross Country Course		
Sep 19, 2025	Fri	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Sep 22, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Sep 23, 2025	Tue	Regular Season	Oneida, Utica Proctor (JFK/DMS)	4:00 PM		Cross Country Course		L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 24, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Sep 25, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Sep 26, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	TBD		
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	3:00 PM	5:00 PM	Cross Country Course		
Sep 30, 2025	Tue	Regular Season	New Hartford @ Holland Patent	4:00 PM		Holland Patent HS		L
Oct 1, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 2, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 3, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	TBD		
Oct 4, 2025	Sat	Meet (Tully XC Invite - JH)	Vs. Multiple	9:00 AM	2:00 PM	Tully XC Course		NL
Oct 6, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 7, 2025	Tue	Regular Season	Central Valley Academy, Camden @ Notre Dame, Utica	4:00 PM		Proctor Park, Utica		L
Oct 8, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 9, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 14, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 15, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 16, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 17, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course		
Oct 18, 2025	Sat	Regular Season (VVS Invite)	Sandy Creek	9:00 AM		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season	South Lewis	9:00 AM		Cross Country Course		NL
Oct 18, 2025	Sat	Regular Season (VVS Invitational)	Utica Proctor (JFK/DMS)	TBD		Cross Country Course		L
Oct 20, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 21, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 22, 2025	Wed	Practice	N/A	3:30 PM	5:00 PM	Cross Country Course		
Oct 23, 2025	Thu	Practice	N/A	2:00 PM	3:30 PM	Cross Country Course		
Oct 24, 2025	Fri	Practice	N/A	3:30 PM	5:00 PM	Cross Country Course		
Oct 25, 2025	Sat	Regular Season (TVL Track Invite)	Holland Patent, Camden, Whitesboro, New Hartford, Utica Proctor (JFK/DMS), Oneida, Rome Free Academy @ Central Valley Academy	10:40 AM		Diss Athletic Complex		L

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Oct 27, 2025	Mon	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 28, 2025	Tue	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 29, 2025	Wed	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 30, 2025	Thu	Practice	N/A	3:00 PM	5:00 PM	Cross Country Course		
Oct 31, 2025	Fri	Practice	N/A	3:00 PM	4:30 PM	Cross Country Course		
Nov 1, 2025	Sat	Regular Season (Adirondack Invite)	@ TBD	TBD		TBD	Departure Time: 6:30 AM	L
Nov 5, 2025	Wed	Practice	N/A	3:10 PM	4:00 PM	VVS MS Gym		

Date: 2025-12-05